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January

Better Homes and Gardens®

UARY 1997



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New style
Top trends for 1997

75

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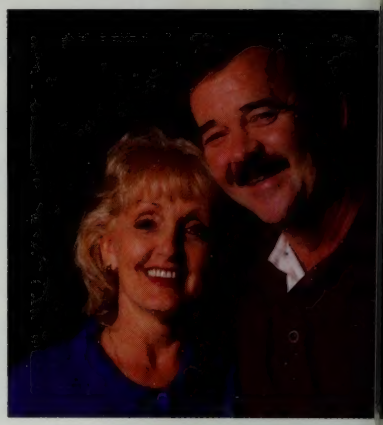
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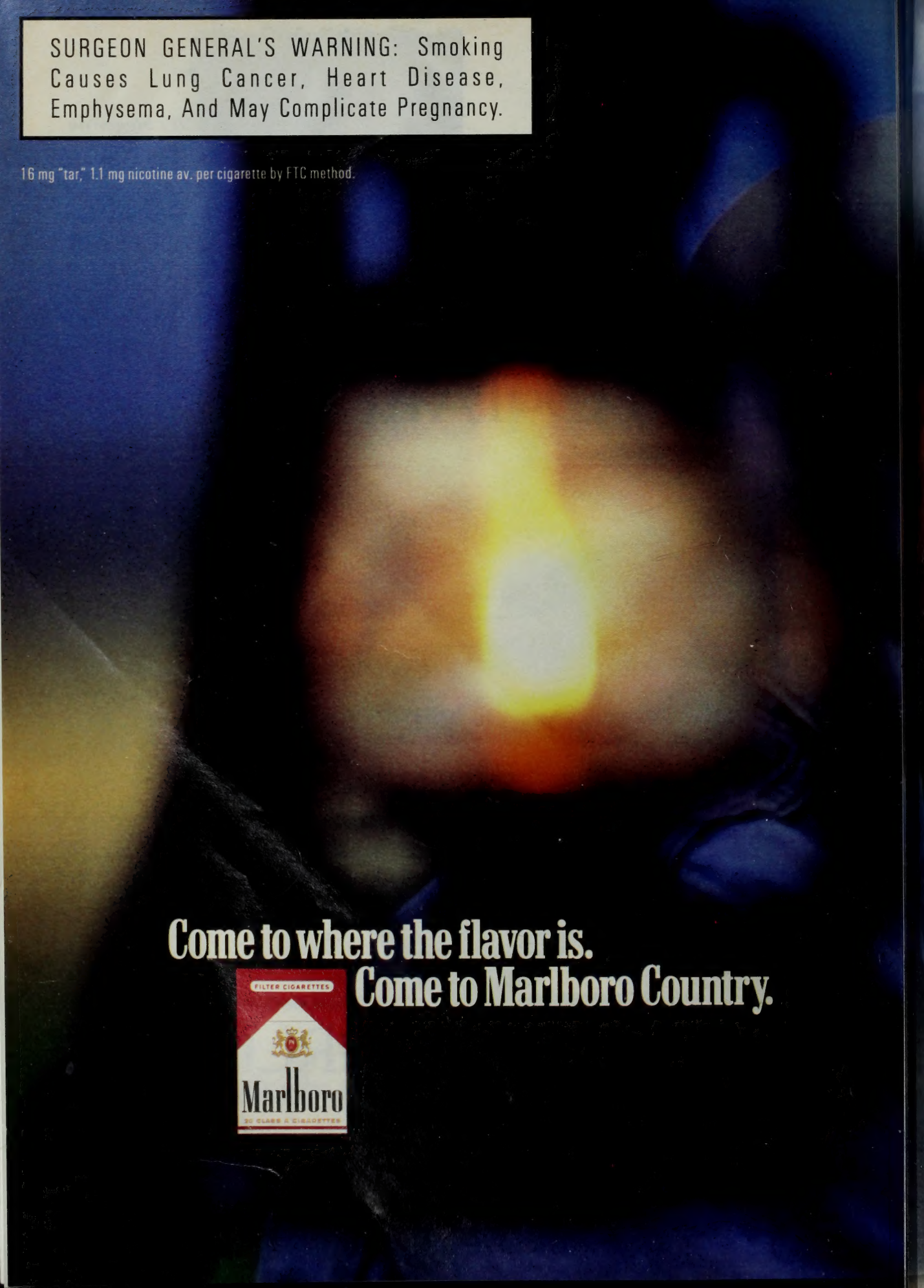
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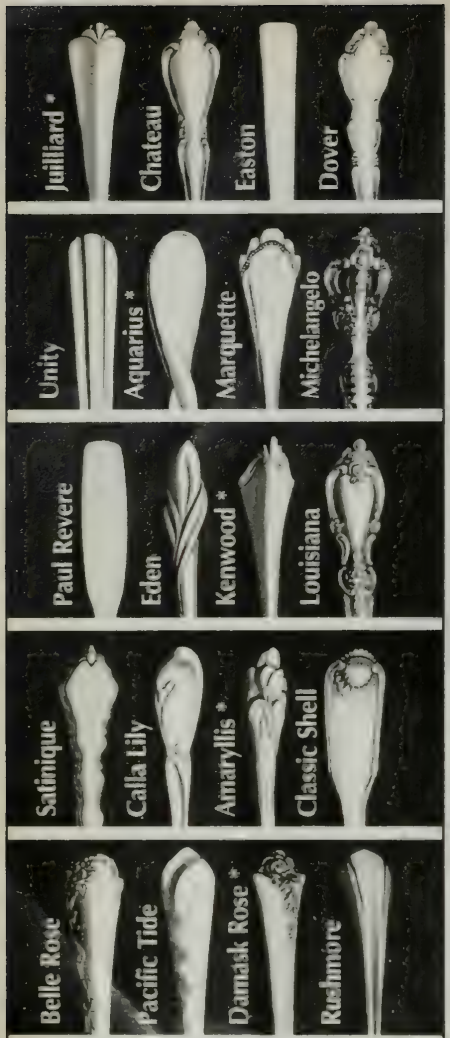
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Cover Photograph: Alison Miksch. Food Stylist: Janet Pittman

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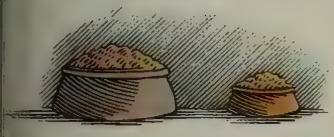
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ANDY LYONS

Nineteen twenty-two was a very good year! Sinclair Lewis introduced us to *Babbitt*—Emily Post gave us *Etiquette*. Irving Berlin wrote "April Showers," the Hollywood Bowl opened, insulin was discovered, and an Iowa publisher launched what would become the world's largest home and family service magazine—this one!

As we celebrate our 75th anniversary, I can't help but look back at the editors who have preceded me and realize each of us embraced the same values and preached the same message—there is nothing as important as family and the home you create with those you love.

When *Better Homes and Gardens*® was a newborn, founder E. T. Meredith told readers: "The home is the starting place in our whole social organization." Later, Elmer T. Peterson, the editor at the helm when *Better Homes and Gardens* celebrated its tenth birthday, wrote, "There is no substitute for a home and for real family life."

In 1947, when *BH&G* turned 25, divorce and juvenile delinquency were on the upswing, and America was worried about the family's future. But Editor Frank McDonough gave readers this hope: "You don't save the American family by ranting that it must be saved; you save it by inspiring a better home and a better family built around rich, mutual interests. You save it by focusing on all the important little things of life that together become so vital and so big."

Fifty years later, this editor adds her resounding "Amen."

Jean LemMon

Jean LemMon, *Editor in Chief*



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Place 1 chicken breast in center of each sheet of foil. Sprinkle with salt. Top each with mushrooms, soup and rosemary. Fold foil in half over chicken; seal all edges with double-fold seals. Bake at 425°F for 20 minutes or until chicken is no longer pink in center. Serves 4.

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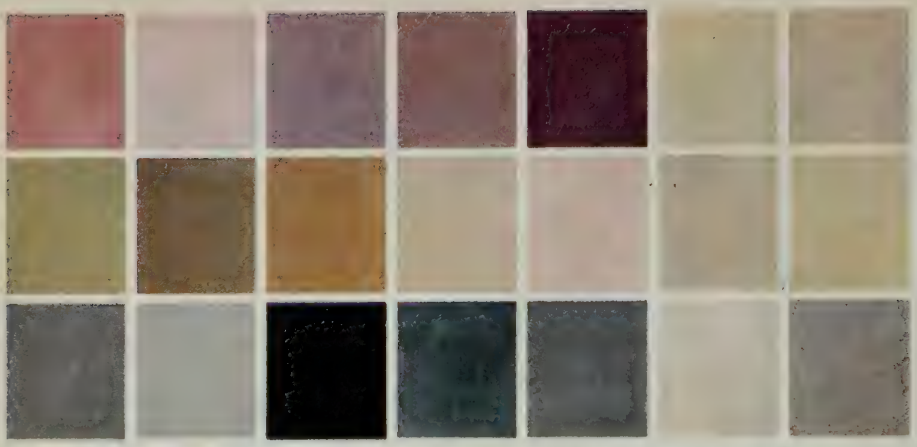


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Kindergartner Knows His Way Home

My 5-year-old son and I play a game we call "How Do We Get Home?" As we return home from short trips, I ask him where to turn and which direction. After his second day of kindergarten, he rode the wrong bus after school. But he gave the driver directions to our house, and the bus soon pulled into the driveway.

Deborah Munson
Longmont, Colo.

Computer-Password Spelling Lessons

To encourage our children to use the home computer as a learning resource, not just a toy, I've programmed it to ask for a password before allowing the system to boot up. When my 4-year-old daughter plays at the computer, she must remember how to spell the current password, which is changed weekly. To date she's learned more than 50 new words.

Heather Turnbull
Mississauga, Ontario

New-Year Chore: Address Year's Greeting Cards

At the first of the year, I prepare birthday and anniversary cards I'll send during the next 12 months. Leave the envelope unsealed so you can quickly add a message before you mail it. File the cards in chronological order. No more forgotten or belated greeting cards.

Shirley M. Hanstine
Gulfport, Miss.

Self-Set Curfew Works for Teen

My teenager rebelled against the curfew I'd established for her evening school activities and dates, so I suggested she set her own curfew. Surprisingly, the curfew she chose for herself was sometimes earlier than the one I'd imposed. She felt in control, and when attending events that required her to stay out later than our agreed-upon time, she'd call to ask permission to stay out later. I granted her request when it was reasonable and told her I appreciated her calling to ask, thus rewarding her responsible behavior.

Ruth E. McKean
Grover, Mo.

Grandmother's Box Holds Lesson in Life

When I became a grandmother, I wanted my grandchildren's visits to my house to be special. I had an artist paint a wooden hat box, which I named "Grandmother's box." My grandchildren, Jake and Cassidy, race to the box when they arrive at my house to see whether anything is in it. They know sometimes there's no tangible gift, but that it's always full of love. One day when it was empty, my grandson announced to his sister, "It's full of love today!" and he ran to give me a hug.

Barbara Coleman
Solana Beach, Calif.

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Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*. We will pay $50 for each idea published, if you provide your Social Security number.



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Fabric Walls

Think of walls as more than wood and plaster. Draping, upholstering, even creating a new wall in fabric adds another dimension of warmth, pattern, and texture to a room.



Woven Wainscot

To secure fabric to wall, roll or brush clear, non-staining vinyl adhesive or cellulose paste onto an area slightly larger than the width of the fabric.



For a standard, 36-inch wainscoting, choose a fabric pattern that can be installed in vertical sections. Though this requires seaming (as with wallpaper) every 54 inches (the standard width of decorator fabrics), it creates less waste than a pattern that is printed horizontally, or railroaded. The floral pattern above works well because it has no obvious direction.

Repair flaws in walls. Trim fabric selvage. Measure wall segments and cut fabric slightly longer than needed, matching patterns where fabric butts together. Apply fabric to pasted wall, using a dry wallpaper brush to smooth air bubbles and wrinkles. (Use more glue on raw edges if needed to prevent raveling.) To cover large sections of wall easily, roll fabric back onto bolt after trimming, then roll it out directly onto the wall. Trim top edge with a razor and broad knife. Attach decorative chair rail, slightly overlapping top edge.

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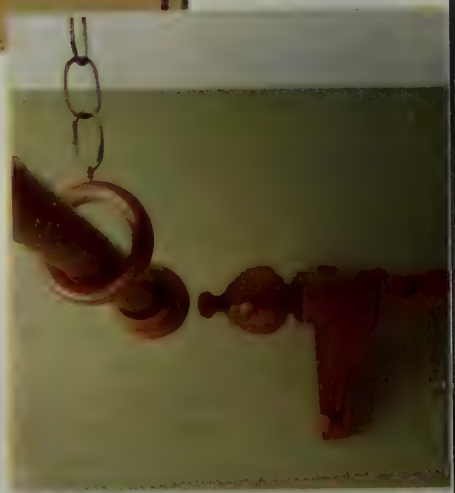
Soft-Focus Foyer



To cozy up a living room in which the exterior door opens into the space, suspend a rod from the ceiling using light chain and drapery rings.

Create a room divider without major renovation. Ready-made curtains and wooden rods form an easy entryway and cozy reading niche.

This project is as simple as hanging a couple of curtain rods. Hang the first rod over the window using wooden brackets attached to the wall. Using plant hangers, light chain, and drapery rings, suspend a second rod from the ceiling at the same height and roughly perpendicular to the first. Fasten curtains to the rod. Ready-made curtains with tabs or ties are widely available and easier to get on and off for cleaning. For variety and an added sense of dimension, pick two coordinating fabric patterns—such as this darker solid framing the window and a lighter colored check for the new "wall." In addition to privacy, this project provides a shelter from chilly drafts.



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Peg-Rail Magic



Romantic wall draperies add eye interest and hide a multitude of sins such as bad plaster. A simple peg rail is the starting point; ready-made curtains are the finishing touch.

Purchase ready-made Shaker-style peg rails, or make your own using 2-inch decorative molding and miniature pegs spaced 6 inches apart. Attach rail to the wall with nails or screws.



For visual balance, position the peg rail roughly two-thirds to three-quarters of the way up the wall and at least 6 inches lower than window height. Hang ready-made curtains from the peg rail using clip rings (*above*) or fabric tabs or ties. Or choose bed sheets that coordinate with other fabrics in the room. Allow the top edge of the fabric to drape and the bottom edge to puddle on the floor for extra fluidity and softness. The curtains can be easily changed for a shift in mood or season. Or occasionally leave the walls bare and hang dried herbs or flowers from the pegs.

continued on page 22


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Padded Walls



Upholstered wall panels add luxurious softness to a plain wall. They also smooth wall surfaces and muffle sound.

Remove crown and baseboard moldings for best results. (Or use ribbon trim at the ceiling and floor to cover raw edges and staples.) Nail 1-inch wood lathe around the perimeter of the wall to be covered, leaving enough room so that, when reassembled, the moldings butt against the lathe. Nail lathe to define boundaries of interior panels as well (to be determined by the width of the decorator fabric you choose). Cut cotton batting to fit inside lathe sections and staple to wall. Cut fabric to fit panels, leaving enough for a slight overlap at the ceiling and floor. Overlap lathe and staple fabric directly to the wall at top and bottom. Staple fabric to lathe on vertical sections and finish raw edges (*right*).

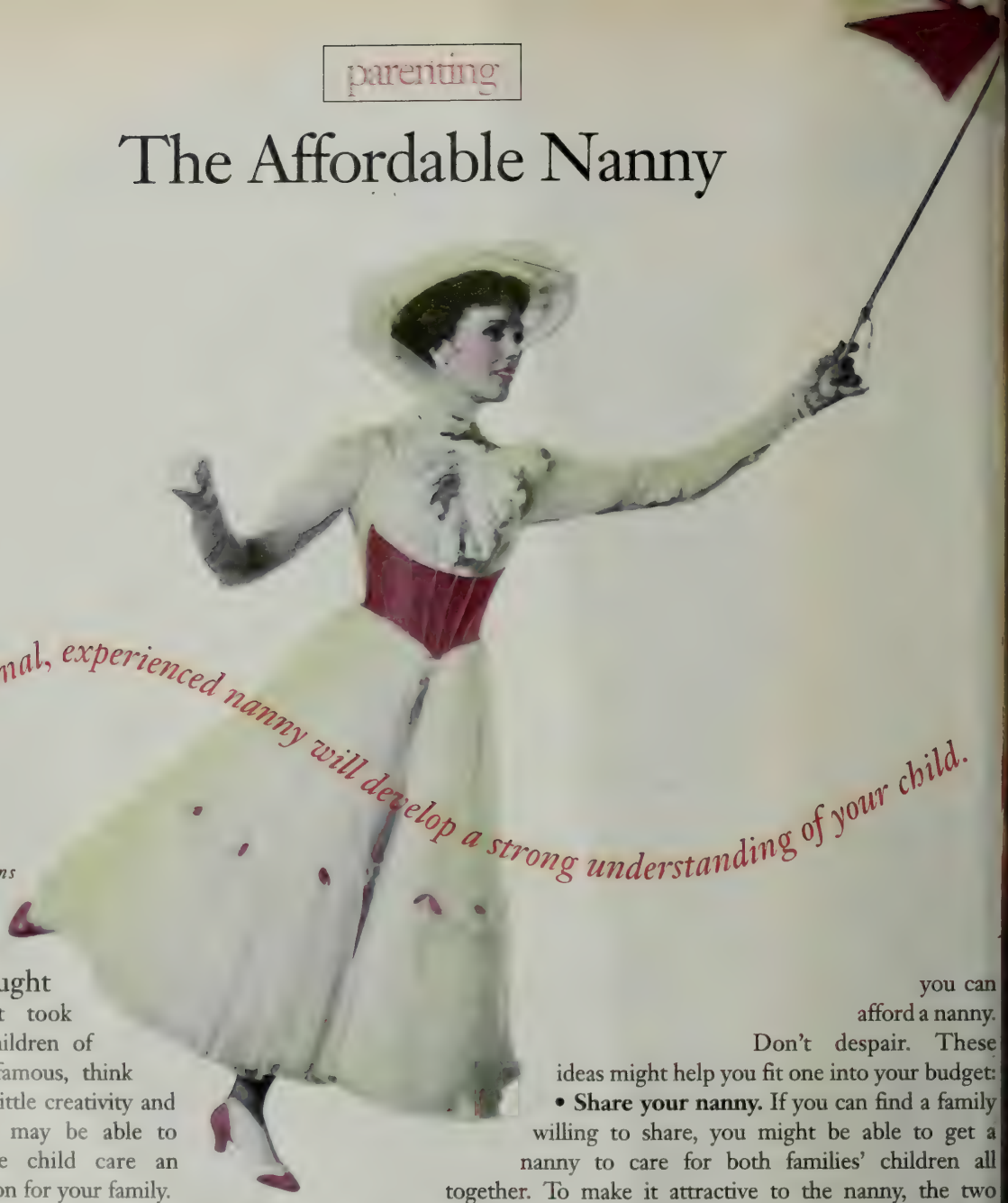
To finish, hot-glue grosgrain ribbon to cover any staples and raw fabric edges, or replace moldings, covering raw edges.



Buying Information Page 56


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The Affordable Nanny



A professional, experienced nanny will develop a strong understanding of your child.

by Andrea Atkins

If you thought nannies just took care of the children of the rich and famous, think again. With a little creativity and flexibility, you may be able to make in-home child care an affordable option for your family.

Mary Poppins is much in demand, according to M. Jane McIntosh, editor of *The Nanny News*, a newsletter for nannies and their employers.

"Nannies offer the best child care," McIntosh says. A professional, experienced nanny will know how to plan activities, will develop a strong understanding of your child's needs, and can help your household run smoothly while you're at work. Plus, if your child gets sick, your child-care plans don't fall apart.

It sounds great, but the expense can be hard to swallow, even with a spoonful of sugar. With an average cost of $5.40 per hour for a live-in nanny and $6.30 for someone who doesn't live with you, nannies are certainly not a family's least expensive option.

Bluma Marder, founder of Care-4-Kids Inc., a Chicago-area nanny placement agency, says, "Many parents are willing to make the sacrifice for the benefit of their kids." But being willing to sacrifice doesn't mean you can afford a nanny.

Don't despair. These ideas might help you fit one into your budget:

• **Share your nanny.** If you can find a family willing to share, you might be able to get a nanny to care for both families' children all together. To make it attractive to the nanny, the two families can offer a higher hourly salary than she would get for one. (Offer her $8 per hour, for example, and each family will only pay $4.)

To minimize wear and tear on your homes, agree to switch locations weekly or monthly so that each home—and each home's refrigerator—sees equal action.

In the Washington, D.C., area, a database of families willing to share nannies, Share Care, was established by The Parent Connection, an organization that publishes an area newspaper for parents. Founder Deborah Benke says the database matches families with similar needs. Then, together, the families search out and hire a nanny. "Some nanny agencies are catching on to the idea that people want to share," Benke says.

Just be aware that two families may have different ideas about television viewing, junk food, pacifiers, and a host of other issues. Discuss and iron out such basic differences

continued on page 26


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Golden Grahams Treats. The only marshmallow treat crammed with the goodness of graham.

The Affordable Nanny

continued from page 24

The more things that you can put on the table, the more she's going to want the job.

from the beginning.

"You have to be flexible," Benke says.

• **Hire a nanny who has her own child.** A nanny may be willing to accept a lower hourly wage if she can bring her child to your home. That way she doesn't need to pay for child care while she's working.

A survey done by *The Nanny News* indicated many people were hesitant about this arrangement, fearing that the nanny would favor her own child over the one she is paid to be watching. To avoid problems, lay the ground rules clearly with the nanny ahead of time. It's not unreasonable to ask to meet the child and to see how he or she interacts with your own. Also, make sure there is a plan for illness. Is there someone the nanny's child can be left with if he or she—or your own child—is sick?

• **Offer benefits.** On average, says Marder of Care-4-Kids, nanny employment agreements usually are for one year. But if you offer her the use of a car, health insurance, paid vacation, and sick or personal days, the nanny may stay longer, which saves the time and expense of searching for a new nanny. Do you belong to a swim club or a health club where you can get an associate's membership of some kind? Could you make your home computer available to

a nanny or offer to send her to a CPR or child development class? "The more things that you can put on the table," says McIntosh, "the more she's going to want that job—even before you get around to talking about money."

Rich Eisenberg, president of an insurance firm in Massachusetts, says many people spend $50 to $100 per month on major medical insurance that covers a nanny for hospitalization and major emergencies. Eisenberg, whose agency is the official representative of the International Nanny Association, also advises that, if you allow your nanny to use your car, you list her as a driver with your car insurance carrier. If you don't, and she has an accident, you won't be covered.

• **Consider an au pair.** Many young women from around the world want to spend time with an American family as





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part of their educational experience. Such programs as Au Pair in America connect women between the ages of 18 and 26 with families who agree to give them room and board, to pay a weekly stipend of $115, and to pay for an educational class each semester. In exchange, the au pair provides 45 hours of child care per week, which can be arranged at the family's discretion.

"The biggest benefit is that you're not paying per child," says Barbara Cartledge, director of Au Pair in America. "And you're getting flexibility."

The difference between an au pair and a nanny is that an au pair arrives expecting to be treated as a member of the family. As such, she will eat meals with you, go on outings with you, and become part of your world.

An au pair will eat meals with you, go on outings with you, become part of your world.

For information contact Au Pair in America, 102 Greenwich Ave., Greenwich, CT 06830. Or call 800/9AU-PAIR.

• **Make housework part of the job.** Professional nannies may balk at this, but you may find a good sitter who is willing to do things to keep your home running smoothly. If you have a child who naps a good chunk of the day or older children who are away at school, add housework to the job description. McIntosh says to make it clear, however, that housework should come after child care. You don't want a nanny inside vacuuming while your toddler roams unattended in the backyard.

Perk Up Your Nanny

Just like any employer, you should work to keep your nanny happy. Replacing an employee is expensive. And if your nanny suddenly walks off the job, you could be without child care for weeks. These ideas might help:

• Subscribe to *The Nanny News*, a bimonthly publication for in-home child-care workers and their employers. $23.95 per year. Call 800/634-6266 to order.

• Provide health insurance. Eisenberg and Associates covers nannies. Contact them at Eisenberg Associates, 1340 Centre Street, Newton Centre, MA 02159. Or call 800/777-5765.

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"Rose-colored Dawn"

A breathtaking sculptural portrait of a romantic garden at daybreak

Hot Careers for the Class of 2000



by Debra Solberg Gibson

By the year 2005, almost 150 million people will be employed in the U.S. That's nearly a 12 percent increase over today's workforce. But not many of these employees will receive a gold watch for 30 years of service to the firm. Instead, Americans will change jobs 7 to 10 times during their working years, and many will make complete career changes four or more times.

So who will most likely sign our paychecks in the year 2000 and beyond? Trend watchers point to the burgeoning of technology and the aging of the baby boomers as factors creating the most jobs in the next century. According to Shelly Field, author of *100 Best Careers for the 21st Century* (Macmillan, 1996, $15.95), these are some areas you might want to consider:

Computer technology. People who know computers may be the hottest commodity. The Bureau of Labor Statistics' Division of Occupational Outlook consistently cites jobs like computer engineer and systems analyst as top employment prospects. These jobs may involve determining hardware and software needs for a computer system, or "debugging" programs. Other options in this field include programmers, who write the programs that operate the hardware, and technicians, who often provide phone support and instruction to computer users.

You don't have to be a computer expert to make a living using one. There are plenty of careers for the industrious person with a PC in the den. Information brokers provide a variety of services to their clients. They can provide packaged financial news, for instance, to a network of bankers. They can customize data searches for a client needing to track how many pizzas were sold by noon each day, perhaps, or they can help professionals keep up with research in their fields, acting as librarians in many ways. "People think of librarians as holding court within spaces of a building," says Jennifer Jarratt, a futurist and vice president with Coates and Jarratt Inc. in Washington, D.C. "A librarian can be anywhere."

Technology and the aging of baby boomers will create the most jobs.

Health care. Physicians' assistants will be in demand, as will a variety of therapists—physical, occupational, recreational, and substance abuse. Mary Jane Accardo, president of Informed Futures, a consulting and trend-tracking firm in Houston, predicts self-help and relationship-building programs will be launched as businesses in the next century, as more traditional social services programs suffer continued funding cuts.

Sales and service. With a rise in both dual-income and single-parent families, it's no longer an indulgence to eat out and have someone clean your house. Individuals who can provide these services will be employable. Caregivers for both children and the elderly will remain high on the list, as will other service providers such as bookkeepers, accountants, and paralegals.

Education. The "baby boom echo" (more than 80 million children of baby boomers), coupled with a record number of teachers headed for retirement, will create a shortage of educators. Special education teachers and

continued on page 32


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Careers for 2000

continued from page 30

guidance counselors will be especially in demand. Accardo sees this need for more teachers as "a great opportunity for that misplaced layer of management" whose positions were eliminated in corporate downsizing.

If you want to teach, don't narrow your vision to the classroom. Be creative. If you're an expert in cooking, parenting, or party planning, teach your skills to others. You can conduct classes in your own home or in your clients' homes.

Science and engineering. Field predicts a need for meteorologists—scientists who forecast weather and collect data on atmospheric conditions. Jobs are available with radio and television stations, airlines, cruise ships, agricultural industries, colleges and universities, ski resorts, and the U.S. Department of Defense.

Biochemists, who study the chemical composition of animals, plants, insects, and viruses, will also be required, as will civil engineers, who plan and build roads, bridges, and tunnels, and mechanical engineers, who design and develop machines.

Conservation/environment. The highest call for workers in this area will be for hazardous waste management technicians, who dispose of chemical nuclear wastes; environmental technicians, who collect water samples and test for pollution; environmental engineers, who plan systems for eliminating contamination; and environmentalists, who research pollution control and prevention.

Fitness and nutrition. Jobs can be found in schools, hospitals, health spas, and fitness clubs, and in the retail and manufacturing of fitness equipment. Corporations often hire fitness professionals and nutritionists to create on-site programs; many people also provide these services on a consulting basis.

Hospitality. "People work so much, they believe they deserve to treat themselves," Field says. Consequently, jobs in the hotel, restaurant, and travel industries will be a good choice. Bet on the thriving gambling business to provide plenty of jobs, ranging from card dealer to casino executive chef.

Geriatrics. As the elder population swells in numbers, countless services will be needed. Field says geriatric care managers will be in great demand. These workers will serve as "stand-in relatives" for older Americans, helping them with shopping, driving them to doctor's appointments, and assisting in emergencies. Home health care aides will be necessary, as will exercise and nutrition specialists. Other available jobs in this area will include geriatric social worker, nursing home activities director, and retirement planner; designers of furniture, equipment, and rooms that will be attractive and useful to older Americans will also be sought.



Fast Track to Success in the 21st Century

The Bureau of Labor Statistics has identified 21 jobs that boast high earnings, fast growth, and lots of openings. They include:

- lawyer
- physician
- systems analyst
- computer engineer
- management analyst
- residential counselor
- secondary school teacher
- registered nurse
- special education teacher
- writer/editor
- police patrol officer
- labor relations specialist
- designer (excluding interior)
- artist/commercial artist
- physical training instructor/coach
- adult education instructor
- vocational education teacher
- social worker
- heating, air-conditioning, and refrigeration mechanic
- correctional officer
- licensed practical nurse

Communications. "Every business, regardless of size, needs a public relations plan," says Field. Communicators will continue to help guide businesses in choosing appropriate media for marketing and advertising. If a communications career is in your future, consider these jobs: copywriter, advertising art director, graphic artist, radio/television advertising sales, editor, and marketing manager.

Think small. Small business, often home-based, consistently receives mention as the workplace most likely to succeed beyond 2000. "The person who is observant will probably be the most fortunate," says Accardo. By identifying local needs for niche products and services—and perhaps ultimately expanding that discovery globally—small business can make its mark both professionally and financially. Field cites several home-based businesses as ones to watch. They include catering, bed-and-breakfast inns, gift basket services, image consulting services, and pet sitting.

In all career pursuits, Accardo urges flexibility and creativity. "My sense of how work will be in the future involves short-path jobs and careers. If you're smart, you build a freeway out of your skills, rather than lots of little trails. Go from one lane of the freeway into the other. Always be willing to take another side of the road into a different set of skills."

For more information, consider the following:

- *Occupational Outlook Handbook*, U.S. Dept. of Labor Bureau of Labor Statistics, 1996-97 edition, U.S. Govt. Printing Office, Superintendent of Documents, Mail Stop: SSOP, Washington, D.C. 20402-9328.
- *The 100 Best Jobs for the 1990s and Beyond*, by Carol Kleiman; Dearborn Financial Publishing Inc., 520 North Dearborn St., Chicago, IL 60610-4354; $19.95.



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trends

living color

Nature inspires the year's freshest palette. On the cool side, lavender (*left*), cerulean, and seafoam join the herbal greens that have become our perennial favorites.



Seems as if fashion has developed an orange crush. At home, look for subtle, earthier shades of terra-cotta.



Cocoa brown is another apparel-influenced home hue. Think of it as the new black.

Look what the New Year blew in: fresh ideas to help you make the most of '97. Whether you're talking about the way you live, what you eat, or the things you grow, the key word is "flexibility."

continued on page 38



harmonic home Data overload has us searching for balance in our personal lives. Natural materials, handcrafted elements, soothing scents, even the sound of indoor fountains signal a shift to a soulful aesthetic.

casual



Finding little highs to pace our busy lives is getting easier—and more playful. Try this one on for size: Toss out those plain, predictable pulls and knobs in your kitchen or bath and retool them with something fun. Our sampling of personality pulls includes a silvery trout (yes, he really is touchable!) and a miniature sand pail, plus some smooth and silky handles (*top right*) to match your solid-surface countertops.



Faded from the start, formal fabrics are easier to live with.

worn elegance Traditional furniture is taking it easier with washed, textural fabrics (especially damasks and velvets) and mellow woods, both of which look kissed by the sun. Another hot cover story? Leather upholstery.

News from home

• The latest in easy-care flooring is laminate wood. It looks like nature's own but cleans up as easily as vinyl flooring.



• We're making space to unwind at home. Floor plans include more hobby rooms, or at least ample area for playing to our heart's content (*above*). (P.S. Piano-playing is also on the upswing.)

• Take your dips au naturel. The hottest (coolest?) swimming pools now sport a rustic border of boulders and pebbles.

• With big windows letting in more light, white walls suddenly seem blinding. Witness subtle color creeping in. Also, look for pale wood blinds and textured shades.

• Families that value the natural look will be using such woods as cherry and maple.

• Country decorating takes on a European accent. Especially hot are charming styles inspired by Tuscany and Provence.

continued on page 40

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flavor

We just can't stop playing with our food. Jazzing up familiar food gives cooking—and eating—a lively new beat: Herbs go where no herb has gone before. Coffee comes in kicky new forms. Milk makes a splash.



chef du jour

Ever crave your own personal chef? Head to specialty supermarkets where a chef will whip up a meal from the ingredients you pick out. You'll get a beeper to carry so you can shop as your meal is prepared.



herbal wonders

Herbs are cropping up in unexpected places. Consider basil sorbet, cardamom scones, or rosemary-orange pound cake. Mint adds zip in everything from marinades to soups, salads, and desserts.



milk it

For the first time in 20 years, milk consumption is up. Drinking milk is fun especially when you make your own flavored variety. Just blend milk with fruit, flavored syrup, or chocolate peanut butter cups. Or call 800/WHY-MILK for recipes.

A taste of what's new

- Iced cappuccino, coffee cola, and soft-serve frozen herbal fruit teas are among the latest ways to cool down.
- Authentic recipes reflecting cultural heritage make a resurgence.
- Tortillas cross ethnic boundaries to become wrappers for everything from crispy salads to teriyaki chicken and rice.
- The World Wide Web is an astounding resource for recipes and food-related topics, including contributions from *Better Homes and Gardens* (http://www.bhglive.com).
- People are eating up details about fat substitutes, including new releases (olestra) and fruit-based creations (pureed prunes).
- It's not just cereal that goes snap, crackle, and pop. Drinks, candy, and frozen treats burst with effervescence when consumed.

continued on page 42

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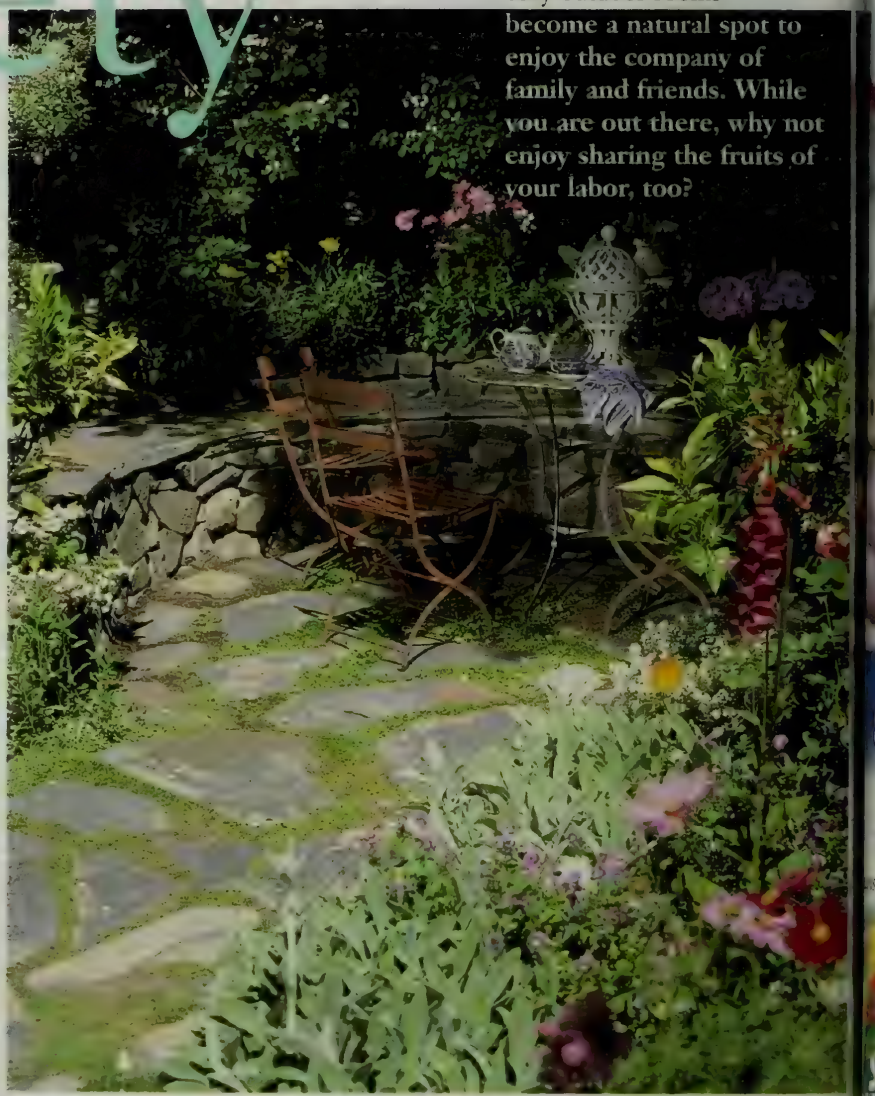
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variety

dining out

Garden areas designed as cozy outdoor rooms become a natural spot to enjoy the company of family and friends. While you are out there, why not enjoy sharing the fruits of your labor, too?



The front yard is now becoming as private, and as pretty, as out back. To get started on your own front-yard garden, try the viewer-friendly flower border (*below*) along the sidewalk. It should be low enough to peer over, but not to step over.

two-way garden



view from the street

view from the house







twice the fun Variegated leaves are battling blooms for attention. Variegation of shade lovers such as hosta, lamium, pulmonaria, cyclamen, Solomon's-seal, and arum can brighten your garden's dark spots. Many ivies, ferns, and ornamental grasses are also variegated, as is the hardy yucca. Even woody plants such as dogwood and mock orange (*Philadelphus*) come two-toned.

What's growing on

- Hedges no longer march single file. Instead of planting yours in a straight line with one type of bush or shrub, coax your lawn to step livelier. Mix evergreen and deciduous bushes in meandering rows that are sometimes two or three plants deep.

- Vines are on the rise, so to speak. What other plants can give you so much color with so little real estate invested? Annual vines are particularly popular as gardeners marvel at up to 20 feet of growth in one season.

- Gardeners are rethinking container culture and growing *everything* in pots—shrub roses, Japanese maples, even evergreen trees.

Buying information, page 56



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Challenge to Change

by Nick Gallo



Knowing the pathway to real change can help you conquer bad habits.

The average person makes the same New Year's resolution three years in a row before succeeding.

That's because fewer than 20 percent of people who need to make a change are prepared to take any action, says James Prochaska, Ph.D., a psychologist at the University of Rhode Island. Prochaska, author of *Changing for Good* (Avon Books, 1994), and his colleagues have spent 20 years studying how people change health behaviors.

"If you're not ready, it's like trying to make a garden without preparing the soil," Prochaska says.

Change is a process, not an event that lends itself to sudden, dramatic conversions. People who make long-lasting changes pass through a well-defined series of stages—precontemplation, contemplation, preparation, action, and maintenance. When Prochaska interviewed people who said they quit something "cold turkey," he found that they, too, walked this path without realizing it.

What does this mean if you want to kick an unhealthy habit this year? Everyone can start the change process moving forward today, says Prochaska. But to cultivate a new habit, you must first prepare the soil. Figure out where you fit into these stages, then work on the skills you'll need to make change last. This requires you to take an honest look at yourself and your problem and encourages you to regard past failures as learning opportunities.

Stage 1: Precontemplation. About 40 percent of people who need to make a change are at this stage, says Prochaska. They may be unaware that a habit is hazardous. Or, they may know that it's unhealthy, but not admit a personal need to change. Or, they may be discouraged by previous failures and believe that such problems are beyond their control.

Precontemplators typically don't want to discuss their problem—and are unlikely to even read this article. The challenge is to help them wake up. You can help a person open his eyes, though the initial message may have to be low-key and nonjudgmental. "Try a 'Here, you might

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If you're on a high blood pressure medication, you should be careful about other medications you take.

Living with hypertension. If you have high blood pressure, you're probably already following your doctor's advice; you're exercising regularly, watching your weight, cutting down on alcohol and caffeine and you've stopped smoking.

Also, because stress may contribute to hypertension, it's important to know that while you can't always avoid stress, you can learn better ways to cope with it, ways that help put you more in control over stressful situations.

Understanding hypertension medications. There are a number of different kinds of prescription medicines your doctor might put you on to help lower your blood pressure. They work in different ways to the same end. If you experience side effects (like drowsiness or dizziness) with one, your doctor may try another. You may be surprised to learn that no matter which hypertension medicine you're taking, you may need to watch the other kinds of medications you take, even over-the-counter medicines. That's because certain medications may interfere with the way high blood pressure medications work. Doctors call this a drug-drug interaction.

Doctors recommend Tylenol the most for their patients with high blood pressure. Fortunately, Tylenol is a pain reliever that won't interfere with any high blood pressure medicines you may be taking. In fact, Tylenol is less likely to cause side effects of any kind compared with other pain relievers.

So talk to your doctor about pain relievers. When used as directed, Tylenol is the safest type of pain reliever you can buy.



The pain reliever hospitals use most.

TYLENOL

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want to look at this story on the dangers of smoking' kind of approach," suggests Prochaska.

People in this stage often start to pay attention when they understand the real dangers of their problem behavior, says Prochaska. For example, many smokers shrug off tobacco's link to lung cancer but become more open to change when they learn quitting smoking can help prevent more than 20 diseases, he says.

In many cases, an outside force—an illness, a 50th birthday, a movie that touches a nerve—creates a moment of truth for a precontemplator, inspiring a person to acknowledge a problem.

Carley Franklin's moment of truth was a late-night trip to the emergency room. Carley, 54, had resigned himself to being overweight and taking blood pressure medication for the rest of his life. He weighed 260 pounds and had been on medication for almost 10 years. After numerous attempts to diet, he felt demoralized. He worked 10-hour days, which left him with no energy to exercise or eat healthfully—or so he told himself.

Then one night, Carley sat up in bed, barely able to breathe. Fearful he was having a heart attack, he rushed to a hospital. Doctors told him his heart was fine. He was having anxiety pains.

"It was a real wake-up call," he says. "It made me think about where I was headed."

Stage 2: Contemplation. During contemplation, people commonly say, "I should change, but..." If you're in this stage, you may be stalled because you fear the costs of change. Yes, you want to get more exercise, but you're too busy. The gym is too far away. Your knees hurt.

"If you're looking for reasons not to change, then you won't," says James Sallis, Ph.D., an exercise researcher and professor of psychology at San Diego State University.

To move forward, you must be convinced that the trip is worth it, that the benefits of making a change exceed the sacrifices. Try weighing the pros and cons. Write a list of gains you can expect, especially immediate benefits, not just long-term ones. List personal, specific reasons to change, says Edwin Fisher, Ph.D., director of the Center of Health Behavior Research at Washington University. While stress management has numerous benefits, it may become meaningful only when you realize, "It's time I come home from work in a good mood for my children."

Another way to prod yourself is to consider the negatives of continuing

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your current habit. Imagine yourself in 20 years, still smoking or overeating or drinking heavily. Think hard about the future—and about how a healthier you fits into it—and you may move closer to action.

Contemplation, however, is an easy stage to get stuck in. Many people procrastinate for years, often waiting for the magic moment to come. You have to make it happen.

Stage 3: Preparation. For 19 years, Susan Sisson smoked. She enjoyed playing tennis and hiking until her smoking caused her to get so winded she didn't enjoy either activity. Three years ago, she quit.

Susan, 38, quit "cold turkey," with no filters or patches, but she didn't rush into the wilderness blindly. She knew she needed a game plan. So she launched her attempt to quit at the start of a vacation, away from her usual routines and stress sources. She also prepared for any temptations. Previously, Susan enjoyed smoking in the car, so she removed the car ashtray and lighter. She associated smoking with drinking coffee or beer, so she went to nonsmoking restaurants and bars. To burn off stress and prevent weight gain, she started going to the gym regularly.

None of these things by itself was a magic pill, but the preparation made Susan feel in control. It strengthened her resolve and gave her the confidence to proceed, as well as skills to use in her battle.

"Change requires foresight," says Sallis. After studying why people discontinue exercise programs, he found one common culprit: Dropouts didn't plan well for obstacles. If you can anticipate common problems, such as an unexpected work project or travel interruptions, you're more likely to stick with exercise, he says.

During the preparation stage, a person may crawl to the edge of action, then refuse to take the leap. This is when a friendly nudge from supporters can help propel a person forward, says Steven Tovian, Ph.D., director of health psychology at Evanston Hospital in Evanston, Illinois. "Now's the time when a wife can tell a husband, 'I know you can quit smoking. You're ready. You can do this.' "

Other options: Set a date for change. Go public with your vows. Or try a halfway measure. If you're not ready to embrace a low-fat lifestyle, skip the morning cinnamon roll and TV snacking.

Stage 4: Action. If you've done your homework, you're ready for action. Some people go it alone while others join established programs. Whatever you choose, it's likely you'll use cognitive methods, which are positive thoughts and

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beliefs to aid change, and behavioral techniques to restructure the environment so that new habits are easier to establish. These tips may help:

• Strengthen your commitment. When Susan quit smoking, she had a refuse-to-lose mentality. "The last thing I wanted was to go back to my friends and say, 'I messed up,' " she says. Commitment also involves personal responsibility. To change, you must take charge of your problem; you're the only one who can make yourself change.

• Set goals. What do you want to accomplish? Dream a little. Shoot for an ambitious objective. But also devise more achievable short-term goals to serve you day to day. Write a self-contract to work toward goals.

• Establish rewards. Reinforce your efforts with small presents—a movie, new clothes, or a trip—when you meet goals. Carley Franklin used a friendly bet with a coworker to keep his motivational juices flowing. He and a coworker bet who would lose the most weight, the winner to receive a dollar a pound. "I lost 50 pounds and she lost zero."

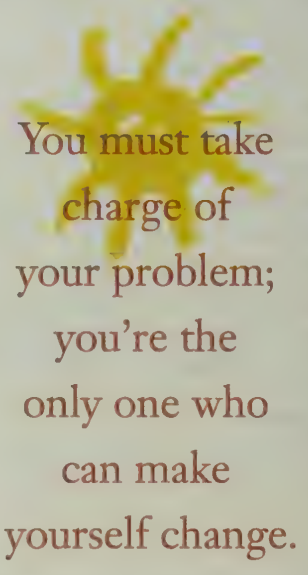
• Replace old behaviors with healthier ones. Many destructive habits relieve stress and boredom. Fill that need with healthier alternatives such as exercise and relaxation strategies, including yoga or meditation.

• Change your environment. Make change easier by avoiding cues that trigger trouble. This involves simple things, such as banning cookies from the house, but you also may have to make significant adjustments, such as making new friends or changing jobs. Prepare for troublesome situations by rehearsing how you will act.

• Get support. Help comes in different forms. If you enjoy discussing problems, sharing tips, and mingling with people, consider joining a support group. For others, socializing at an exercise class provides the kind of support they want.

Everyone needs encouragement from a spouse and friends, suggests Fisher. But people vary widely in how they want it expressed. One person may be delighted by a singing telegram to celebrate meeting a goal while another wants nothing more than a brief comment. "You have to tell people around you what you need," he says.

The action stage of change may take longer than you expect. Most people need to keep their focus on the problem behavior for at least six months (often longer), or they risk resuming their old habit, says Prochaska. "Change is a marathon, not a sprint," he says.



Before Carley Franklin got serious about change, he made several visits to a counselor as well as his physician. He's lost 70 pounds so far and was recently taken off his blood pressure medication, thanks to a diet and exercise program. He did his spadework.

Stage 5: Maintenance. Terri Wilkinson, 40, knows all about making New Year's resolutions. A part-time classroom assistant with three children, she has made vows to lose weight at least four times. But losing weight isn't her problem—keeping it off is. For years, she dieted, lost weight, then gained it back.

Two years ago, Wilkinson, 5 feet 4 inches, watched her weight creep up to 183. It was time for another resolution. "I was closing in on forty," she says. "I decided I wanted to be forty and fabulous, not forty and fat."

She succeeded: The day she turned 40 she weighed 150, a loss of more than 30 pounds. Her real triumph, however, occurred in the months afterward. Unlike previous attempts, she kept her weight off.

What was different? Just as before, Terri joined Weight Watchers and used the same diet plan. And just as before, she exercised regularly and had a diet partner. But she had one thing this time that she lacked in earlier efforts—experience.

After several attempts to lose weight, Terri has learned from her mistakes. Through trial and error, she's figured out the little things—she knows she has to resist butter, for instance—and also how to cope with lapses when they happen.

Don't let slipups get you down. Most people who make a change slip up. Researchers suspect the way people explain these lapses to themselves helps determine whether their mistake turns out to be inconsequential or leads them to return to their old habit.

If you heap blame on yourself and treat a mistake as if it's a catastrophe, you're likely to lose confidence. You may think: "I'm weak. I have no willpower. I can't do this." But if you keep perspective and treat a mistake as an aberration, then you're more likely to pick up where you left off.

To help keep her perspective, Terri used a chart to track her progress. "When I had a bad week, I'd think I blew it, but the chart taught me to look at the big picture."

Change takes root for many people when they develop a new identity. After three months of not smoking, Susan finally thought of herself as a nonsmoker. She knew then that she had it beat.

"I told myself that if I could quit smoking, I could climb Mt. Rainier," she says. So Susan started training to climb the 14,411-foot mountain in Washington. After a 12-hour climb last January, she stood atop the snowy peak.

"I looked around and felt I could do anything." ⌂

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Home Medical Tests

by Sarah Tippit

Kitchens and bathrooms across the country are becoming makeshift laboratories as more Americans "mix and measure" to monitor their health at home.

Home may be where the hearth is, but it's also where you can check your cholesterol, monitor your blood pressure, and even predict ovulation.

"The trend today is definitely toward self-testing," says Tom Mach, a senior analyst for Frost & Sullivan, a research group which tracks the test-kit industry. Manufacturers of home diagnostic and monitoring products had revenues of $1.2 billion in 1996, a 15 percent increase over 1995.

The in-home kits—which can help you stay on top of a medical condition without spending a lot of time and money at the doctor—are often small enough to fit in your hand and as simple to use as Hamburger Helper.

Over-the-counter glucose test strips helped Jill Stiesi of Morris Plains, New Jersey, have a baby. A diabetic, Jill's body produced such wildly fluctuating blood sugar levels that she needed around-the-clock monitoring of her blood sugar during pregnancy. Using the glucose strips, Jill checked her blood sugar 2,000 times in nine months and gave birth to a healthy baby boy.

"Before and after every meal and in the middle of the night I had to check myself," she says. "There is no way the doctors could have done that for me."

Mary Carr of Evanston, Illinois, uses an ear-exam kit to cut down on unnecessary doctor visits. Now when one of her three children complains of pain, she checks his ears with the kit's otoscope, an instrument used to examine the ear canal. By looking at the kit's color photo book, she can determine if her son has water in his ears or a full-blown infection. "It can save me three visits in a week," she says.

In-home tests also encourage patients to get early treatment, and that's one reason most doctors endorse over-the-counter home tests. But there is room for error.

Any test can generate false positives or false negatives, especially if you don't follow directions carefully. Skipping

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Home Tests

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or misreading directions or not following dietary restrictions also can cause unnecessary panic or a false sense of security.

For instance, tests for blood cholesterol can seem higher than normal if a person fails to fast 12 hours before screening. Likewise, tests for hidden fecal blood, a warning sign of colon cancer, are so sensitive they may also register last night's T-bone steak or broccoli as a sign that something's wrong. A 1993 study at the University of Minnesota showed that 95 percent of 47,000 people inaccurately home-tested positive for fecal occult blood.

All in-home tests are required to be approved by the Food and Drug Administration. Test manufacturers must prove their tests are safe and effective. Some tests, unavailable over-the-counter, can be bought from a medical supply firm, but most are intended for medical professionals. So far, the FDA has not approved tests that check for illegal drug use for over-the-counter sale because of how they could affect a person who registers a false reading.

"Drugs of abuse have a real punch in terms of emotional impact," says Steve Gutman, M.D., director of the FDA's clinical laboratory devices division, which reviews in-home tests. "The harm from a slight error with, say, a cholesterol test is the user may go out and eat a piece of cake. But a false positive in a test for drugs of abuse might lead to a person being fired or a youngster being falsely accused and punished."

Here's a look at some of the in-home medical tests available today. Remember, these tests should be used only as a screening tool. If you have questions or concerns about any results, check with your doctor.

Cholesterol tests measure your total blood cholesterol to tell whether it's elevated, which puts you at risk for heart disease.



Be Smart When Taking Tests

To use in-home tests safely and effectively, take these precautions:

- Check the expiration date. Chemicals in an outdated test may no longer work properly and results may not be valid.
- Follow package directions on where to store the test at home, such as in the refrigerator or in a cool cabinet.
- Remember no test is 100 percent accurate. Learn what the test is intended to do and what its limitations are.
- Don't guess if something is unclear. Ask a doctor or pharmacist, or someone via the telephone number provided.
- When a step is timed, be precise. Use a watch that counts seconds.
- Note any special precautions, such as avoiding physical activity or certain foods before taking the test.
- Follow the instructions exactly, including any specimen collection process. Sequence is very important, so don't skip a step.
- Keep accurate records of results to present to your doctor.

Source: U.S. Food and Drug Administration

How it works: A drop of blood is placed into a cassette containing a test strip. When the time is up, the color on the cassette is compared with a chart for the correct reading.

Advantages: Saves cost and time at a doctor's office. Elevated cholesterol levels are a known risk factor. Knowing your levels may motivate you to modify your lifestyle.

Disadvantages: The test measures total cholesterol and doesn't differentiate between "bad" LDL (low-density lipoprotein) and "good" HDL (high-density lipoprotein) cholesterol. Also, the test registers by color, which could be misinterpreted more easily than a number.

Brand names: CholesTrak, Enact, and Chemcard.

Cost: Prices range from $15 to $20; available at most drugstores.

HIV home tests are relatively new on the market and allow you to anonymously mail a blood sample to a lab so it can be screened for the HIV virus. The FDA approved the first HIV home test in May 1996.

How it works: A drop of your blood on a test card bearing an identification number is mailed to a certified lab. In a week you call a toll-free number for results, counseling, and possible referral. A counselor tells you if you have tested positive while an automated message system relays a negative reading.

Advantages: Convenience of in-home testing. These kits may also encourage early detection and may help control the spread of HIV among people who don't know they have the virus. The Centers for Disease Control reports that most of the 1.5 million people who may be infected with HIV aren't aware of it. Only 18 percent of adults in the U.S. say they've been tested.

Disadvantages: Learning HIV-positive results over the phone may not be best for people who could become depressed or suicidal. Testing for HIV through the mail also makes partner notification more difficult for health officials.

Brand names: Confide and Home Access.

Cost: Confide is sold over-the-counter for about $40, or you can call 800/843-8378 for a kit. Tests ordered by phone cost around $50. A Home Access test is available in most drugstores for about $40 or can be ordered by calling 800/448-8378.

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When you lose weight do your bones get skinnier?



The Facts. Less fat in your diet usually means less milk, less cream, less cheese... less calcium. And, unless you're getting the calcium somewhere else, that can lead to bone loss. And while fat is easy to gain back, bone isn't.

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Home Tests

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Ear-exam kits let you look into another person's ear with ease to identify common problems.

How it works: Each ear-exam kit contains an Earlight otoscope designed for a layperson with viewing tips to fit infants, children, and adults. The otoscope is used the same way a doctor would examine your ears, nose, or throat.

Advantages: The kit provides helpful information your doctor might need to make a diagnosis. It's reusable, easy to clean, and comes with a 24-page color illustrated instruction booklet.

Disadvantages: Sick kids still need to see a doctor.

Brand names: Dr. Dedo's Family Ear Examination Kit.

Cost: The kit sells for $30 and can be found at Service Merchandise and Baby Superstores and in select pharmacies. For more information, call 800/662-4499.

Ovulation prediction kits measure luteinizing hormone in urine to determine when a woman will likely ovulate. Or, they show a woman how to chart her ovulation patterns through daily basal body temperature readings.

How it works: Most tests look for the surge in luteinizing hormone in the urine that predicts ovulation only. Other tests take a woman's temperature to document ovulation on a chart. A slight drop in temperature followed by a rise confirms that ovulation has occurred.

Advantages: Ovulation kits can aid in natural family planning or help couples who want to plan pregnancy.

Disadvantages: None.

Brand names: OvuDate LH Plus, Q-test, Answer, Conceive, First Response, OvuQUICK 4, Clearplan Easy, and Selfcare's Bioself fertility thermometer.

Cost: Range from $16 to $28. The Bioself thermometer, which stores daily readings, costs $100.

Glucose monitors measure sugar in the blood as part of a treatment regimen to control diabetes.

How it works: Diabetics prick a finger and place a drop of blood on a test card where a chemical reaction produces a color. Compare the sample with a corresponding color chart that indicates blood sugar level. Based on the result, diabetics can adjust their diet, exercise, or insulin.

Advantages: With a home glucose monitor, most people can easily determine how much insulin to inject to keep their blood sugar near normal.

"With diabetes, you really want moment-to-moment knowledge of your glucose level," says Joel Ehrenkranz, M.D., an endocrinologist in Morristown, New Jersey.

Glucose monitoring can help diabetics control their blood sugar and prevent long-term complications, such as vision loss, kidney disease, nerve disorders, stroke, and heart attack.

Disadvantages: Some monitors use an electric digital interpreting machine, which renders an accurate reading. Other tests use color to determine blood-sugar level, which is less accurate and leaves you to interpret results.

Brand names: Relief Plus, One Touch, LifeScan, Glucometer Encore, Accu-Chek, Checkmate Plus, and ExacTech Card.

Cost: Kits that include electric meters cost from $50 to $100. Monthly supplies of sterile lancets and test strips cost another $50.

Blood-pressure monitors measure your blood pressure to track fluctuations and alert you to dangerous elevations.

How it works: Digital and manual units range in price and effectiveness. Some units come in "wristwatch" and finger-strap styles that measure blood pressure and digitally display results. Others consist of cuff-style readers that wrap around your arm. Results can be read with the help of a stethoscope, a numeric dial, or a mercury column.

Advantages: A blood-pressure monitor allows you to monitor yourself at home and to look for any changes or arrhythmias.

Disadvantages: There's a chance you may not perform the test correctly. The wrong result could cause unnecessary panic or false security.

Brand names: Omron, Walgreen.

Cost: Nondigital monitors cost about $18. Digital models cost anywhere from $40 to $100.



If you have questions or concerns about any results, check with your doctor.

Hidden (occult) fecal blood tests detect hidden blood in your stool, a possible sign of rectal or colon disease, including cancer.

How it works: Most fecal blood tests consist of tissue wipes to be used like toilet paper. You add a chemical and watch it change color. Other tests involve test sheets that change color once they are dropped into the toilet.

Advantages: Screening can detect early-stage cancers, suggesting that people who don't already have a problem will get some protection by testing their stools on a regular basis.

Disadvantages: Some tests are so sensitive they react to bleeding gums, steak, aspirin, and certain vegetables such as broccoli, artichokes, and mushrooms. Moreover, many cancers don't bleed at all.

Brand names: ColoCARE Self-Test, EZ-Detect, and Hemoccult.

Cost: About $4 to $7 for a box that contains several tests. Ask your doctor where to get the tests. For information on the ColoCARE Self-Test, call 800/231-5663.

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Buying guide

SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

DECORATING SHOP

Page 10: Home Sweet Home Sampler Kit—Banar Designs, 431 S. Main, Fallbrook, CA 92028. **Matting and framing**—Deck The Walls; for a location near you call 800/887-DECK.

STYLE IN THE MAKING: FABRIC WALLS

Page 17: fabric on wall, "Rosewood Vintage" 662132, **striped curtain and pillow fabric,** "Fair Isle Stripe Vintage" 662420; **small leaf pillow fabric,** "Malvern" (Rosewood), 662410—Waverly, 800/423-5881.

Page 18: tab curtains, from Eco-ordinates Collection; **wood poles, finials**—HomePlace, for a store near you call 800/752-2379

Page 20: quilt, chair, and table—antique, personal belongings **Clip rings and finesse sheer drapery** panels—HomePlace, for a store near you call 800/752-2379

Page 22: pillow and wall fabric, "Ashville Vintage" (Stone), 662180—Waverly; 800/423-5881. **Town & Country green velvet pillow**—Waverly Home Fashions; 800/423-5881 **Victorian bench**—Crate & Barrel, for a store near you or to order by catalog call 888/249-4155.

TRENDS 1997

Page 37: lilac border and wallpaper, from Carey Lind's Traditional Portfolio—York, for a distributor near you call 800/238-9152 **Eyelet curtain fabric,** "Eastwood Border" (White)—Waverly; 800/423-5881 **Silver-plate flatware,** "Gibralter"—Michael Aram, Inc., for a store near you call 914/232-7465 **Dinnerware,** "Brett" (Celery)—Wolfman-Gold & Good Co., 117 Mercer St., New York, NY 10012; 212/431-1888

Page 38 (*top*): trout and sand-pail pulls—Anne at Home, 2278 E. Murray-Holladay Rd., Salt Lake City, UT 84117. **Solid-surface pulls**—Rock Solid, Inc., 3220 Commercial Ave., Madison, WI 53714 (***Bottom right***): **rug**—Karastan-Bigelow, P.O. Box 27050, Greensboro, NC 27425-7050; 800/234-1120. **Piano**—Yamaha Music Corp. USA, 6600 Orangethorpe Ave., Buena Park, CA 90620-1396; 800/854-1569. **Sofa**—Expressions Custom Furniture, P.O. Box 6018, Metairie, LA 70002. **Pleated shade**—Levolor Corp., Customer Service, 7614 Business Park Dr., Greensboro, NC 27409; 800/538-6567. (***Bottom left***): **chair,** 11-584; **fabric,** 80024-25—Century Furniture Co.; for a dealer near you call 800/852-5552.

THE NEW FOOD GARDEN

Pages 75–83: vegetables and herbs—Cook's Garden, P.O. Box 535, Londonderry, VT 05148; 802/824-3400; free catalog. Garden City Seeds, 778 Hwy. 93 N., Hamilton, MT 59840; 406/961-4837; free catalog. Gourmet Gardener, 8650 College Blvd., Ste. 205 BE, Overland, KS 66210; 913/345-0490; free catalog. Harris Seeds, 60 Saginaw Dr., Rochester, NY 14623; 716/442-0410; free catalog. J.L. Hudson, Seedsman, Star Rt. 2, Box 337, La Honda, CA 94020; no phone orders; catalog $1. Johnny's Selected Seeds, Foss Hill Rd., Albion, ME 04910; 207/437-9294; free catalog. Heirloom Garden Seeds, P.O. Box 138, Guerneville, CA 95446; 707/887-9129; catalog $2.50. Le Jardin du Gourmet, P.O. Box 758H, St. Johnsbury Center, VT 05863; 802/748-1446; catalog 50 cents. Mellinger's Inc., 2310 W. South Range Rd., North Lima, OH 44452; 216/549-9861; free catalog. Nichols Garden Nursery, 1190 N. Pacific Hwy., Albany, OR 97321; 503/928-9280; free catalog. Pinetree Garden Seeds, Box 300, New Gloucester, ME 04260; 207/926-3400; free catalog. Santa Barbara Heirloom Seedling Nursery, P.O. Box 4235, Santa Barbara, CA 93140; 805/968-5444; free catalog. Redwood City Seed Co., P.O. Box 361, Redwood City, CA 94064; 415/325-7333; catalog $1. Shepherd's Garden Seeds, 30 Irene St., Torrington, CT; 06790; 860/482-3638; free catalog. R.H. Shumway Seedsman, P.O. Box 1, Rte. 1, Whaley Pond Rd., Graniteville, SC 29829; 803/663-9771; free catalog. Southern Exposure Seed Exchange, P.O. Box 170, Earlysville, VA 22936; 804/973-4703; catalog $3. Tomato Growers Supply Co., P.O. Box 2237, Fort Myers, FL 33902; 941/768-1119; free catalog. Totally Tomatoes, P.O. Box 1626, Augusta, GA 30903; 803/663-0016; free catalog. Otis Twilley Seed Co., P.O. Box 65, Trevose, PA 19053; 800/622-7333; free catalog. Vermont Bean Seed Co., Garden Lane, Fair Haven, VT 05743; 802/273-3400; free catalog. **Fruits**—Bear Creek Nursery, P.O. Box 411, Northport, WA 99157; fax 509/732-4417; free catalog. Edible Landscaping Nursery, P.O. Box 77, Afton, VA 22920; 800/524-4156; free catalog. Miller Nurseries, 5060 W. Lake Rd., Canandaigua, NY 14424; 716/396-2647; free catalog. Raintree Nursery, 391 Butts Rd., Morton, WA 98356; 360/496-6400; free catalog. Sonoma Antique Apple Nursery, 4395 Westside Rd., Healdsburg, CA 95448; 707/433-6420; free catalog. Southmeadow Fruit Gardens, 10603 Cleveland Ave., Baroda, MI 49101; 616/422-2411; free price list. Stark Bro's Nurseries, P.O. Box 10, Louisiana, MO 63353; 314/754-5511; free catalog. **Recommended plants for edible landscaping: pole beans**—Miralda, Scarlet Runner, Trionfo. **Bush beans**—Royal Burgundy Purple Pod, Scarlet dwarf runner, Vernandon. **Broccoli**—De Cicco, Green Lance Oriental flower broccoli. **Cabbage**—Julius Savoy, Lasso, Ruby Perfection. **Chard**—Ruby Red. **Eggplant**—Asian Bride, Bambino, Ichiban, Little Fingers, Neon, Rosa Bianca. **Endive**—Neos, Tres Fine. **Vegetable fennel**—Zefa Fino, Romy, Rudy. **Kale. Lettuce. Mustard**—Japanese Giant, Red, Mizuna, Southern Giant Curled. **Pac choi (bok choy)**—Baby Mei Qing Choi, Joy Choi. **Peas**—Dwarf Gray Sugar, Dwarf Sugar Bon, Dwarf Sugar Mel. **Sweet pepper**—California Wonder, Golden Bell, Golden Summer, Gypsy, Sweet Pickle. **Hot pepper**—Chili Pequin, Habanero, Jalapeño, Mirasol, Super Chili, Thai Dragon. **Summer squash**—Butterstick, Clarimore, Lebanese, Gold Rush, Gourmet Globe, Raven, Sunburst Yellow Scallop, Yellow Crookneck. **Spinach**—Indian Summer, Malabar, Climbing Summer, Melody, Tyee. **Basil. Dill**—Fernleaf. **Fennel. Oregano. Parsley. Rosemary. Sage. Thyme. Apples**—disease-resistant Akane, Chehalis, Liberty, Pristine. **Blueberries. Citrus. Kiwis. Pears. Persimmon**—Fuyu, Hachiya. **Pomegranates. Plums. Rhubarb**—Cherry Red. **Strawberries. Books**—*The Complete Book of Edible Landscaping,* 386-page softcover (Random House) and *Herbs: A Country Garden Cookbook,* 96-page hardcover (Harper Collins) are available at bookstores or by calling 800/881-4066.

LIVING WITH THE BLUES

Pages 85–90: sofa, similar styles available—Eddie Bauer Home; 800/426-8020; for a store near you call 800/645-7467. **All other items**—antique, discontinued, or personal belongings of the homeowner.

TASTE OF TUSCANY

Pages 93–101: architect—Jared Polsky Assoc., 459 Magnolia, Larkspur, CA 94939; 415/927-1156. **Landscape designer**—Dennis Untermann, P.O. Box 705, Ross, CA 94957; 415/547-1436. **Sink**—Kohler Co., Kohler, WI 53044; 800/456-4537. **Disposal**—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022; 800/422-1230. **Range**—Viking Range Corp., P.O. Drawer 956, 111 Front St., Greenwood, MS 38930. **Compactor**—Broan Mfg. Co., Inc., P.O. Box 140, Hartford, WI 53027-0140; 800/548-8133. **Blue cruet**—Heath Ceramics, 400 Gate 5, Sausalito, CA, 94965. **Dishwasher**—Regency USA Appliances, 1442 Irvine Blvd., Tustin, CA 92680. **Yellow teapot and colander**—Cost Plus World Market, 2040 Redwood Hwy., Larkspur, CA 94940. **Hand-painted tile**—Idaho Mud Works, P.O. Box 3030, Hailey, ID 83333; 208/788-2770. **Fabrics for banquette and sofa**—Pierre Deux, 532 Sutter St., San Francisco, CA 94133. **Napkins on outdoor table**—Williams-Sonoma, P.O. Box 7456, San Francisco, CA 94120-7454; 800/541-2233.

FAVORITES FOREVER

Page 103: soup bowl, "Pastel"—Judy Jackson Stoneware, 443 Greenwich St., New York, NY 10013; 212/431-7631. **Spoon**—Scoff "Recamier Ceruse"—Mariposa, 5 Elm St., Manchester, MA 01944; 800/788-1304.

Page 107 (*top*): soup bowl, "Portsmouth"—Crate & Barrel; for store nearest you call 800/323-5461. (***Bottom***): **large plate,** "Louis XIV"—Savoir Vivre, 225 Fifth Ave., New York, NY 10010; 212/987-9672.

Page 109 (*top*): plate, "Classico"—Cyclamen Studio; for a store near you call 510/843-4691.

Page 114 (*bottom*): plate—Cyclamen Studio; for a store near you call 510/843-4691.

Page 116: plate, "Granate"—The Linen Experts, 374 Old Orchard Center, M16, Skokie, IL 60067; 847/673-5620.

Page 132: plate, "Portsmouth"—Crate & Barrel (address above). **Knife and fork**—Savoir Vivre (address above).

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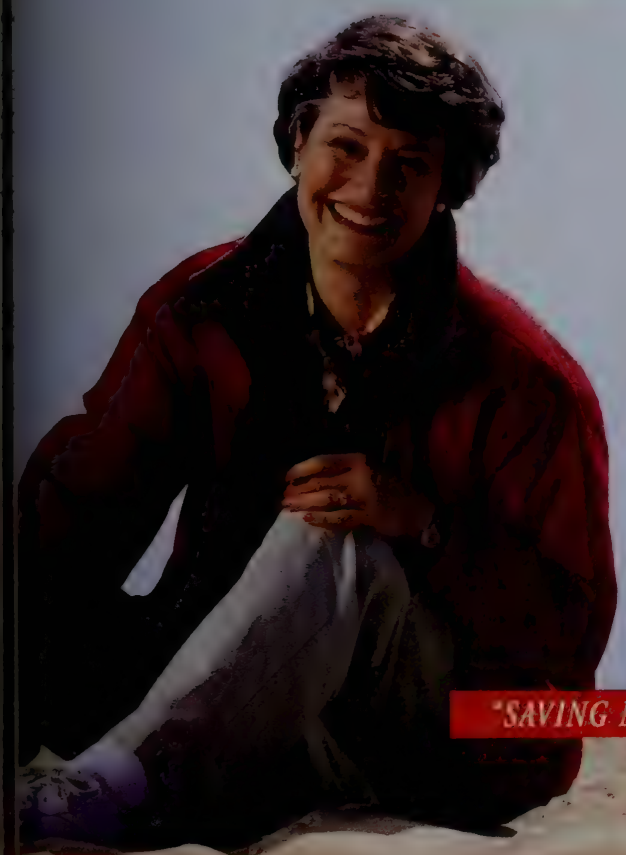
Page 137 (*right*): plate, "Fenwick"—MacKenzie Childs, Ltd., 824 Madison Ave., New York, NY 10021; 212/570-6050.

READER SHOPPING

Page 141: Kiwi and Apple Trees—Miller Nurseries, 5060 West Lake Rd., Canandaigua, NY 14424. **Herb Seeds Collection, Spring and Summer Garden Seed Collections**—Shepherd's, 30 Irene St., Torrington, CT 06790. **Herb Plants and Alpine Strawberries**—Papa Geno's Herb Garden, 1951 South 25th St., Lincoln, NE 68502.

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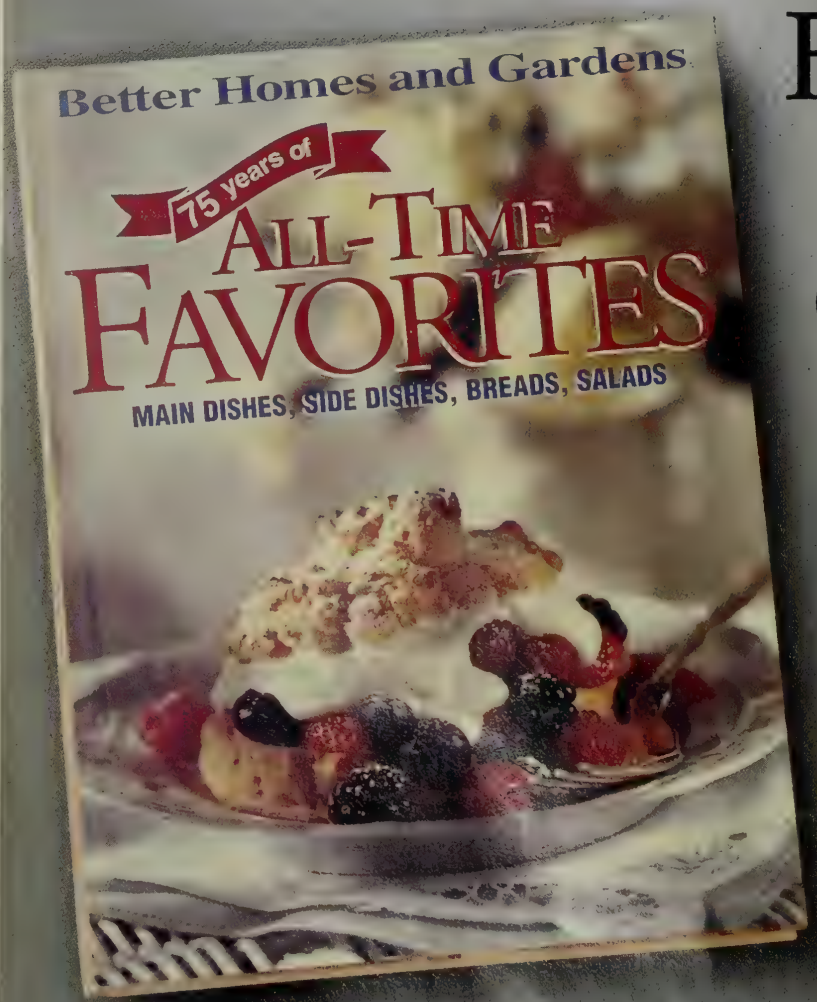
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#1 Doctor Recommended

by Steve Cosper



PHOTOGRAPHS: JIM HEDRICH, HEDRICH BLESSING. KITCHEN DESIGN: MARTY FAHEY, NUHAUS. REGIONAL CONTRIBUTORS: MAUER/ROSE, WITH STYLE

A Kitchen with Victorian Sympathies

An island, topped with ceramic tiles, stretches through the kitchen—a thoroughly modern touch. But the past is here, too, in arching casework, elegant crown molding, and cabinetry designed to look like free-standing pieces.

Blending then and now in a modern kitchen requires much more than paying homage to the past by attaching beadboard panels to refrigerator doors. The presence of the present should also be felt. The magic is accomplishing all this as smoothly as Kathleen and Tom Wright have in their Glencoe, Illinois, home, a century-old Victorian updated with a friendly kitchen layout and high-performance appliances.

continued on page Z2

continued from page Z1

Because the Wrights have renovated several kitchens, they brought a detailed agenda to their first meeting with the kitchen designer. They wanted a large island for preparations, double wall ovens, and two sinks. They also asked for open storage beneath the cooktop to allow easy access to pots and pans.

This is the first time the couple has had granite countertops in their kitchen, and they love them. Stone is impervious to stains and scratches, perfect for rolling pastry, and unharmed by hot pots and pans.

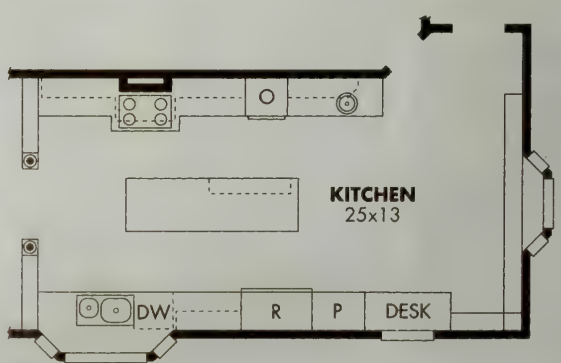
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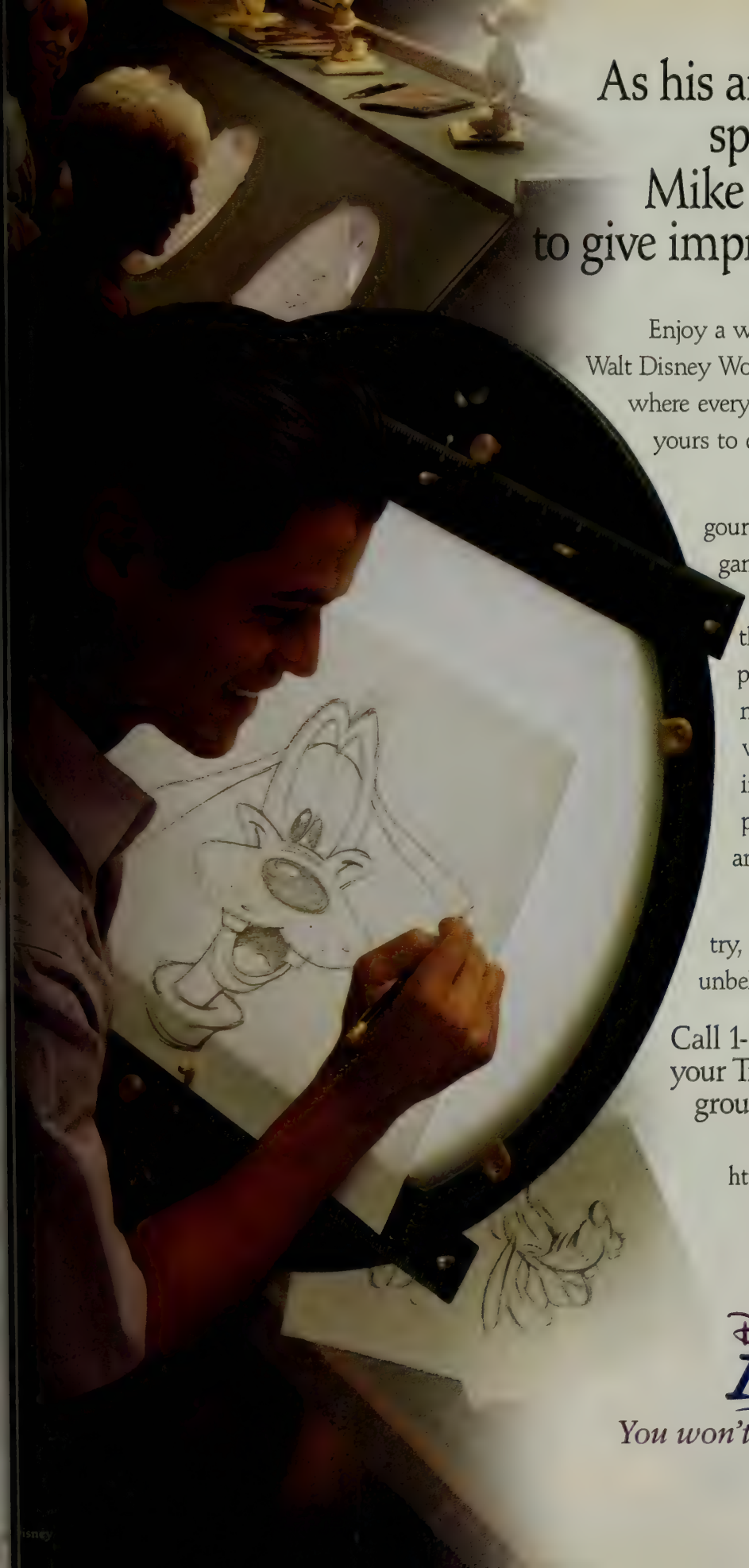




An existing chimney forced the cooktop out from the wall (*left*) and created an interesting jog in what otherwise might have been a flat line of cabinetry. A colorful tile painting dresses the backsplash.

The bay window adds depth and sunlight to the main sink (*above*). As the floor plan shows (*below*), the kitchen is a simple galley with an island. The eating area was once an uninsulated sunroom.





As his animated drawing sprang to life, Mike felt goofy enough to give improv acting a try.

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continued from page Z2



The wet bar (*right*) was built with false legs out front for a look that separates it from other kitchen cabinets. It's not meant as a cooking center, but rather as a stage for service to adjoining rooms.



Cabinets at the end of the kitchen (*left*) were designed as lighted display cases, instead of everyday storage. Had solid doors been chosen, the room would have seemed smaller and more enclosed.

The new space takes its style cues from existing rooms. Quartersawn oak floors duplicate those laid in several rooms, columns are patterned after the design of a small column on the third floor, and beadboard echoes original cabinetry.

Kathleen says, "I believe that an old house guides you in funny ways."

continued on page Z8

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Better by Design

continued from page Z4

Creating the kitchen of the Wrights' dreams took imagination. They wanted to build a modern addition, but altering the exterior of the historic house wasn't permitted.

So down came interior walls to expand kitchen space. Kathleen says, "It's the room we live in."



The kitchen design includes a desk area (*above*), which is trimmed to match kitchen cabinetry and wedged between the pantry and bookcases.

Buying Guide

Most of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed.

VICTORIAN SYMPATHIES

Pages Z1-Z8: kitchen designer—Marty Fahey, nuHaus, 1665 Old Skokie Rd., Highland Park, Il 60035; 847/831-1330. **Cabinets, hood, and granite countertops**—nuHaus (address above). **Tiles,** "Cuisiniere Series"—Tithof Tile & Marble Inc., 1665 Old Skokie Rd., Highland Park, IL 60035; 847/831-3444. **Ovens,** "WW 2780W"—Jenn-Air Co., 3035 N. Shadeland Ave., Indianapolis, IN 46226-0901; 800/536-6247. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Cooktop,** "GCT 364TG"—Thermador, 5119 District Blvd., Los Angeles, CA 90040; 800/735-4328. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763-0100; 800/346-5128. **Sink**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., N. Wales, PA 19454; 800/626-5771. **Faucet,** "Ronda"—Hansa America, 931 W. 19th St., Chicago, IL 60608; 312/733-0025. **Recessed lighting**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007; 800/323-8705. **Hanging light fixtures,** "Fore 5380-57"—Idlewood Electric Supply, Inc., 114 Skokie Valley Rd., Highland Park, IL 60035; 847/831-3600. **Barstools**—Barbara Pearlman Design, 1848 Merchandise Mart, Chicago, IL 60654-1403; 312/822-0440. **Column**—Chadsworth Inc., P.O. Box 53268, Atlanta, GA 30355.



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food

by David Feder

Pepper in Surprising Places

It's not just a condiment for the table: The peppercorn (a type of berry) is a spice that's nice for desserts, too. With the right amount—just a pinch—the sweetness of fresh ground pepper won't get lost in its heat. Pepper brings out aromatic flavors such as ginger, cinnamon, and cardamom and heightens mellow flavors such as fruit, honey, and almonds.

Gingerbread (with a little kick)

The hint of pepper in this gingerbread adds extra warmth to afternoon tea.

- 1½ cups all-purpose flour
- ¼ cup packed brown sugar
- 1 tsp. ground ginger
- ½ to ¾ tsp. fresh ground pepper
- ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. ground cloves
- ½ cup shortening
- ½ cup light-flavored molasses
- 1 slightly beaten egg
- ½ cup water
- Sifted powdered sugar

In a large mixing bowl combine flour, brown sugar, ginger, pepper, baking powder, baking soda, and cloves. Add shortening, molasses, egg, and water. Beat with electric mixer on medium speed till combined. Beat on high speed for 2 minutes. Pour into a greased and lightly floured 8x4x2-inch loaf pan. Bake in 325° oven for 50 to 55 minutes or till a wooden toothpick inserted near center comes out clean. Cool on wire rack for 10 minutes. Serve warm; dust with powdered sugar just before serving. Makes 8 to 10 servings.

Nutrition facts per serving: 256 cal., 14 g total fat (3 g sat. fat), 27 mg chol., 114 mg sodium, 31 g carbo., 1 g fiber, 3 g pro. Daily Value: 1% vit. A, 0% vit. C, 5% calcium, 14% iron.

Black Pepper Biscotti

Use a mortar and pestle or a rolling pin to coarsely crush the peppercorns. The fresher the peppercorn, the sweeter its taste.

- 2 cups all-purpose flour
- ¾ cup sugar
- ½ tsp. ground cinnamon
- ¼ tsp. baking soda
- ¼ tsp. baking powder
- ¼ tsp. crushed black peppercorns
- ¼ cup milk
- ¼ cup espresso or very strong black coffee
- 1 egg yolk
- ½ tsp. almond extract
- ¼ cup toasted chopped almonds

In a large bowl combine flour, sugar, cinnamon, baking soda, baking powder, and pepper. In another bowl combine milk, espresso or coffee, egg yolk, and almond extract; stir into flour mixture with almonds. Knead with hands, if necessary, to thoroughly combine ingredients. Dough will be sticky. Shape dough into a 9x5-inch loaf and place on a greased or parchment-paper-lined baking sheet. Bake in 350° oven for 30 minutes or till golden. Remove to a wire rack and cool for 15 minutes.

Using a serrated knife, slice into ¾-inch-thick slices. Lay slices, cut side down, on an ungreased baking sheet. Bake in a 350° oven for 8 minutes. Turn slices over. Bake for 8 to 10 minutes more or till dry and crisp. Remove cookies and cool on wire rack. Store in a tightly covered container. Makes 12 to 14 slices.

Nutrition facts per slice: 139 cal., 2 g total fat (0 g sat. fat), 18 mg chol., 38 mg sodium, 28 g carbo., 1 g fiber, 3 g pro. Daily Values: 3% vit. A, 0% vit. C, 2% calcium, 7% iron.



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1. Air filters. A fiberglass air filter costs less than $1, but may be costing you $10 or $20 extra on your heating bill every month if you don't replace it regularly. Even a slightly clogged filter slows down airflow and makes a furnace work harder than it should. In winter, replace fiberglass filters once a month.

Better yet, upgrade to an electrostatic filter. For about $30, these filters will do a much better job of cleaning the air and can be taken out, washed, and reused for several years. Another option: Permanent electronic air filters cost $400 to $600 installed, but they will keep your furnace in tip-top shape and your house nearly dust free.

2. Leaky ducts. Tests conducted by a major research firm found that, in some homes, up to 40 percent of the heat produced by the furnace is lost through the ductwork. Closely inspect all the duct joints not hidden behind walls.

Seal leaks with duct tape. You can also insulate ductwork with fiberglass jackets, recommended for ducts that pass through unheated crawl spaces or basements.

3. Air registers. Furnace systems are designed to circulate hot air throughout the house. But heat that shoots straight up from air registers makes the ceiling hot and your feet feel cool. Undeflected hot air also allows more heat to escape outside through leaks in windows, walls, and electrical outlets. Make sure your registers are not blocked by furniture or drapes. If your registers have louvers, aim them so air flows toward the center of the room. If your registers are not louvered, you can buy deflectors at most hardware stores for a few dollars.

4. Tune-up time. Gas- and oil-fired furnaces should have a professional tune-up every two years. A service visit normally costs $40 to $60 but can often reduce your fuel bill by 5 to 10 percent. A repairperson can fine-tune your system's combustion efficiency, check for safety hazards, and find and fix small problems before they require expensive emergency service.



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- #2 True Colors Satin Lipstick - Magnolia — Long-wearing, feather resistant formula in a soft, natural shade. .12 oz. stick reg. ~~$11.95~~ **$3**
- #3 Bio-Calmille Long Lasting Day Cream — Hydrates and helps sensitive skin maintain its natural defenses against the environment. 6.7 fl. oz. bottle reg. ~~$11.95~~ **$3**
- #4 Acaciane Refreshing Cleanser — Lifts away impurities while maintaining skin's optimum moisture level. 6.7 fl. oz. bottle reg. ~~$7.95~~ **$3**
- ...N. Revitalizing ...urce Vital ...sture Day Cream — Helps protect your skin and restore its natural moisture level. 1.7 fl. oz. tube reg. ~~$15.95~~ **$4**
- #6 A.D.N. Revitalizing Resource with Triple Fruit Acids — Gently exfoliates to improve skin's radiance and clarity. 1.35 fl. oz. jar reg. ~~$23.95~~ **$5**
- #7 Riche Crème Wrinkle Smoothing Eye Cream — Delicately helps reduce the signs of wrinkles, lines and crow's feet around the eyes. .5 fl. oz. jar reg. ~~$23.95~~ **$5**
- #8 Bio-Calmille Soothing Night Cream — Moisturizes sensitive skin. Wake-up with a complexion that looks revitalized and radiant. 1.7 fl. oz. jar reg. ~~$15.95~~ **$4**
- #9 Soothing Bath Oil with Lavender — A potent stress reliever. Nurtures your senses to fully revive your body. 5 fl. oz. bottle reg. ~~$13.95~~ **$4**
- #10 Calendula Gentle Hand Cream — Nourishes and moisturizes dry, chapped hands. 1.7 fl. oz. tube reg. ~~$8.50~~ **$2**
- ...sir de Nature ...u de Toilette — ...lighthearted floral scent that sparkles with an exuberant burst of fruity and woodsy notes. 3.38 fl. oz. bottle reg. ~~$29.50~~ **$6**
- #12 Désir de Nature Perfumed Body Lotion — Lightly scented body moisturizer for silky soft skin. 6.7 fl. oz. bottle reg. ~~$11.95~~ **$3**
- #13 Foam Bath with Jasmine — Soothe away stress with exotic essences. 8.4 fl. oz. bottle reg. ~~$7.95~~ **$2**
- #14 2 in 1 Shower Gel and Moisturizing Body Lotion with Aloe — Cleanses, moisturizes and softens in one easy step. 8.4 fl. oz. bottle reg. ~~$7.95~~ **$2**
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- ...gnolia ...dy Lotion — ...isturizes your skin ...h the delicate floral essence of Magnolia. 6.7 fl. oz. bottle reg. ~~$9.95~~ **$3**
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- #19 Botanical Facial Scrub — Natural exfoliating gel buffs away dirt and impurities for a refined, youthful complexion. 1.7 oz. tube reg. ~~$9.95~~ **$2**
- #20 Aztek Shower Gel — Invigorating all-over body-cleanser for men, lightly scented with warm & spicy notes. 5 fl. oz. bottle reg. ~~$9.95~~ **$3**

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Food Facts and Fables

by David Feder, R. D.



It's a new year again, and you probably have a half dozen different resolutions on your mind. Before you resolve to change your diet, however, consider this: We're fed various nutrition "dogma" all our lives, but a lot of what we accept as nutrition gospel is sometimes closer to nutrition myth. And these myths, when more closely examined, raise a host of genuinely valid questions.

While there are no hard answers or "magic bullets" in the study of nutrition, here are some answers to a few of the most commonly asked nutrition questions.

Is poultry healthier than beef? Not necessarily. An ounce of beef has more B_{12}, zinc, and iron than an ounce of poultry. If fat is the issue, there are cuts of beef every bit as lean as poultry. Take note of these comparisons for 3.5-ounce, uncooked portions of the following meats:

Meat	Total Fat g	Saturated Fat g	Cholesterol mg
Sirloin steak, choice	7.2	2.8	89
Chicken, skin on, light and dark meat	13.6	3.8	88
Turkey, packaged ground	12.8	4.5	90

Source: Bowes and Church's Food Values of Portions Commonly Used, 16th Edition, 1994

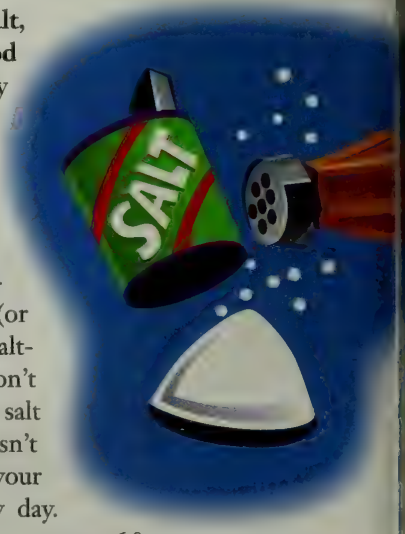
Do carbohydrates make you fat? Any food can make you fat, not just those foods high in carbohydrates. Carbohydrates, like protein, provide 4 calories per gram; fat provides 9 calories per gram. But complex carbohydrates (starches such as bread, pasta, rice, and potatoes), especially those derived from whole grains, are the body's best source of energy nourishment when they replace saturated fats and excess protein in the diet. Eating more calories than you work off and leading a sedentary lifestyle are what add the extra "poundage."

ONCE UPON A TIME

A nutrition belief once forced on children—sometimes literally—was the dreaded daily dose of cod liver oil. That trend faded, to the relief of kids everywhere, but it turns out this nutrition fish story was on target. Today we know fish oils are excellent sources of Omega-3 fatty acids, plus the antioxidant vitamins A and D, which can help fight heart disease. And new research indicates that fish oil taken during pregnancy could protect developing fetuses from birth defects.

Are eggs really bad for you? Eggs are an excellent source of high-quality, inexpensive protein. Eggs are also lower in cholesterol than once believed—an average egg having about 210 mg cholesterol. The American Heart Association, noting recent research that indicates eggs don't by themselves significantly raise blood cholesterol levels, now says it is possible for healthy persons who have normal blood cholesterol levels to enjoy 1 or 2 eggs a day.

If I eat too much salt, will I get high blood pressure? Salt by itself does not cause an otherwise healthy person to develop hypertension. Unless you already have hypertension problems (or are diagnosed as salt-sensitive), you don't need to restrict your salt intake. This doesn't mean you can eat your weight in salt every day.



continued on page 60

© 1997 Nestlé Frozen Food Company

The average person makes three New Year's resolutions. Here's one you won't mind keeping.



fe Classics Chicken in Wine Sauce

we roast a tender chicken breast fillet to perfection. Then smother it in deira wine sauce with garlic and mushrooms. And accompany it with ped potatoes and garden vegetables. Which means resolving to eat better w easy. As for your other two resolutions, you're on your own.

t's not just lean. It's cuisine.



Food Facts and Fables

continued from page 58

What this does mean is that you can relax and enjoy those salted pretzels, unless you already have a medical reason to control your sodium intake.

Is honey better for you than table sugar? There isn't really a significant difference between honey and table sugar (sucrose). Honey is composed of mostly fructose (fruit sugar) with some sucrose and glucose as well. Simple sugars, such as table sugar, honey, maple sugar, date sugar, and brown sugar, are all processed by the body in the same manner. Like table sugar, they all provide 4 calories per gram.



A word of caution: Do not feed honey to infants under one year of age. Honey can contain trace amounts of botulism spores which a mature digestive system can handle but could mean a fatal case of botulism for babies.

If I eat too much sugar, will I get diabetes? For someone with a blood sugar disorder, sugar can aggravate the situation if intake isn't regulated. But, like salt, the substance itself does not cause the disease. There is a caveat: Too much food, especially sugars and fats, leads to obesity. Obesity can lead to insulin resistance and possibly to diabetes. A balanced diet plus moderate exercise—about half an hour's worth each day—can help prevent that from happening.



Is all fat bad? The human body needs fat—as a source of energy, as a transporter and storer of nutrients, for nerve function, and for cell structure. Unfortunately, the "eat less fat" message promoted by health professional groups such as the American Dietetic Association and the American Heart Association is often misinterpreted as a blanket condemnation of fat. Here's the true message from the pros: Healthy persons, with healthy blood cholesterol levels (around 200 mg or less), usually need not worry about fat intake as long as they enjoy a wide variety of foods in moderation and get some exercise.



Will I lose weight if I go on a vegetarian diet? That depends on how you eat overall. A vegetarian diet is not automatically a low-fat diet. Deep-fried vegetables have more fat than a grilled, skinless chicken breast. Vegetarians who rely on nuts and full-fat dairy products for their protein (versus beans and peas), and have a low intake of fruits and vegetables, could find themselves on a higher fat diet than someone whose daily menu includes lean meats along with plenty of steamed vegetables and fresh fruits. ⌂

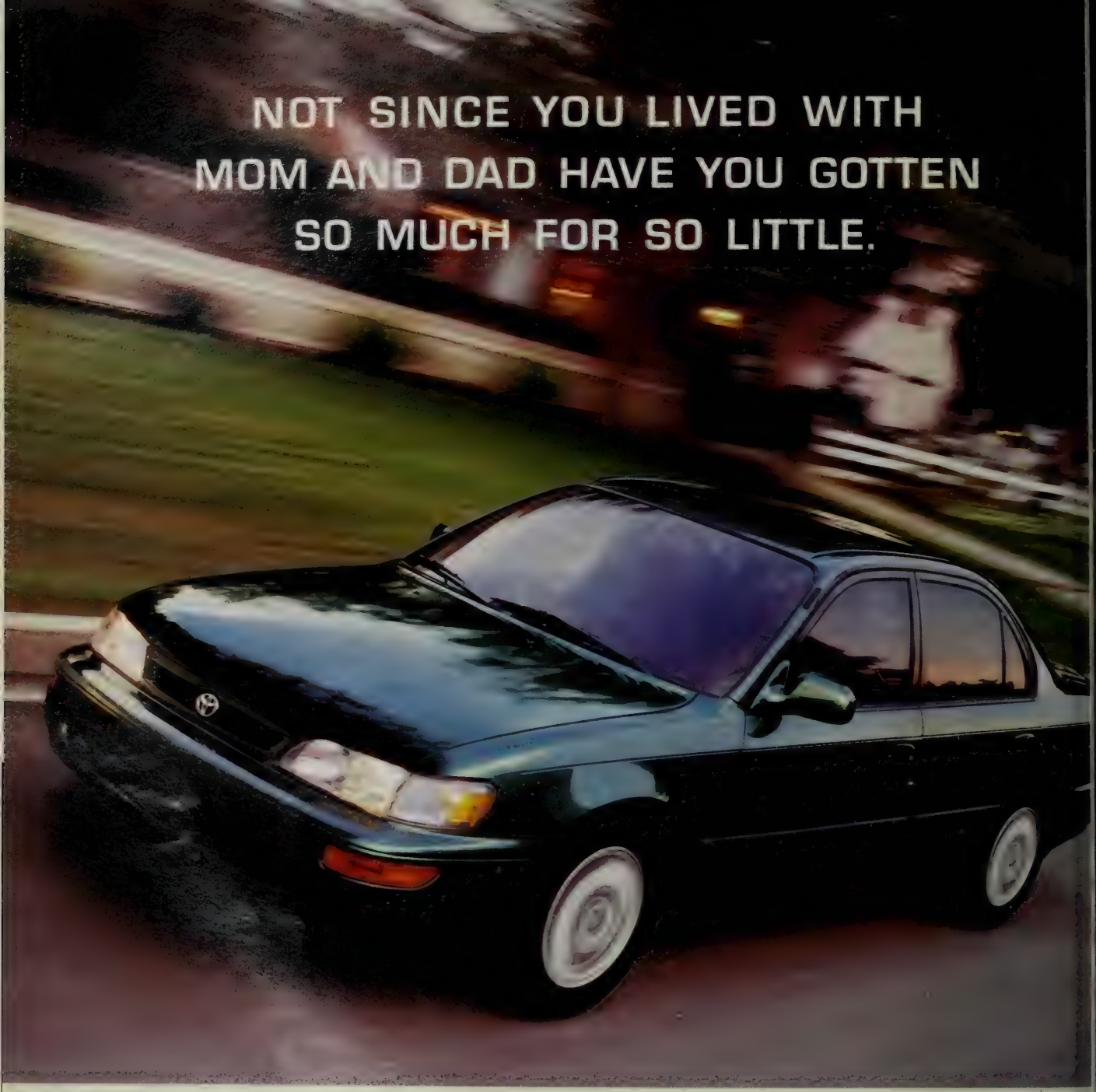
ONCE UPON A TIME

In the 1920s, people were encouraged to eat pickles "for health." The science behind pickle-popping was nebulous, to be sure. Nutrition myths will be with us forever. For the most part these myths are harmless—a plethora of pickles never hurt anyone—but they're a reminder that there are no "magic bullets" in nutrition.

should taste like



With only 2 grams of fat per serving,
it's the low-fat secret no one wants to share.



Everyone likes to get more for less. And that's why our engineers designed the Corolla. It still has a phenomenal reputation for quality, dependability and a heritage of reliability that's been around for 29 years. But with the 1997 Corolla you get a lot more. A smooth, quiet ride, great handling and superb fuel economy,* to be exact. And with a twin-cam engine you'll get more power and torque than you would probably have expected. So just like your parents, we know you expect a lot out of us and just like them, the only thing we expect in return is to see you smile. The 1997 Corolla. The most trusted car in the world.

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*29/35 city/highway EPA estimated mpg for DX models w/5-speed manual transmission. See your participating dealer for details.

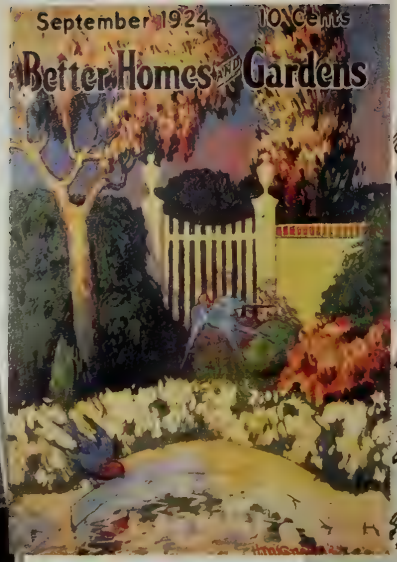
TOYOTA COROLLA
I love what you do for me

t i m e l e s s

Back in 1922, a newcomer moved into America's neighborhoods and became a trusted friend. For 75 years now, *Better Homes and Gardens*® has inspired American families to weave its ideas into their daily lives—a legacy we'd like to celebrate with you. Please join us as we retrace the development of our magazine, from its birth as *Fruit, Garden and Home* to its current role as America's leading source of ideas for home and family.









Housing a jungle of glass tubes, fancy fretwork cases and stately cabinets underscored the importance of radios in the 1920s. These communication marvels linked Americans nationwide for the first time.



Snug cottages delighted home buyers by meeting the housing needs of '20s families. With its timeless ambience, cottage style is staging a comeback and making life cozy once again.

'20s razzle-dazzle

Post-WWI spirits roared and America frolicked. While fringed flappers shimmied and frenzied speculators overextended, prohibition's liquor ban made bootleggers rich on bathtub gin.

Capturing the interest and trust of America's cooks with its loose-leafed format and dependable recipes, *Better Homes and Gardens New Cook Book* debuted in 1930. Now in its eleventh edition and sporting the distinctive red-plaid cloak, it still ranks as the best-selling cookbook of all time.


Better Homes & Gardens'
New COOK BOOK
is now ready for You!
Never before has any cook book offered all these advantages
For years, cook books have come and gone, but never before has there been a cook book like this.
It is just the sort of a cook book you'd expect from *Better Homes and Gardens*, not only because it leads all other magazines in attention paid to foods, but also because it receives and publishes more recipes than any other magazine.
Naturally, our first step in developing a cook book was to ask women what type of book would be most helpful to them. Their preference for a loose-leaf cook book was almost unanimous. As a result, the *Better Homes and Gardens* Cook Book combines all the advantages of the card-index cabinet file with those of the bound cook book, yet eliminates the disadvantages which made both these older styles awkward to use.
The *Better Homes and Gardens* Cook Book is in loose-leaf form, with chapters separated by
Just a few of the reasons why, no matter how many cook books you now have, you'll want this new cook book:
1. Tabbed by sections, giving the full convenience of a recipe cabinet-file, yet without the annoyance of losing or misplacing recipes.
2. Indexed so that there is no shuffling or hunting for recipes. Each recipe is attached in proper place, always easy to find.
3. Being loose-leaf, it lies absolutely flat wherever opened. No danger of losing the place.
4. Washable cover, no trouble to keep
and th
Cook Book

'30s great depression

Hemlines and the mood of the country plunged as banks failed, crops shriveled, jobs evaporated, and "Hoovervilles" housed the downtrodden. Roosevelt's New Deal offered hope and help, but the looming war produced the economy's true jump-start.



Good ingredients, the mother of invention, spurred *Better Homes and Gardens* editors to splash and sprinkle their way to the first tossed salad recipe.

'40s war & peace

The Pearl Harbor bombing launched Americans into WWII. Boys marched off to foreign soils, home-front factories converted into war plants, and homemakers became riveters. Sick of war, a generation looked nostalgically homeward after Armistice Day.

Wartime gardens sported America's patriotic and true (red, white, and blue) colors.

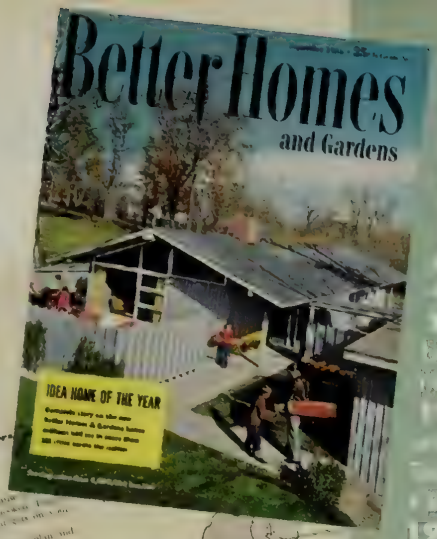
More than sizzle, this 1941 barbecue article lit a fire under traditional cooks and created a generation of barbecue enthusiasts who savored the tips needed to create crackling favorites.



War marched in and commanded the hearts and minds of all Americans who knew that even a win would exact a dire cost for families across the nation.

Better Homes and Gardens Home of the Year defined good design for house-hungry families.

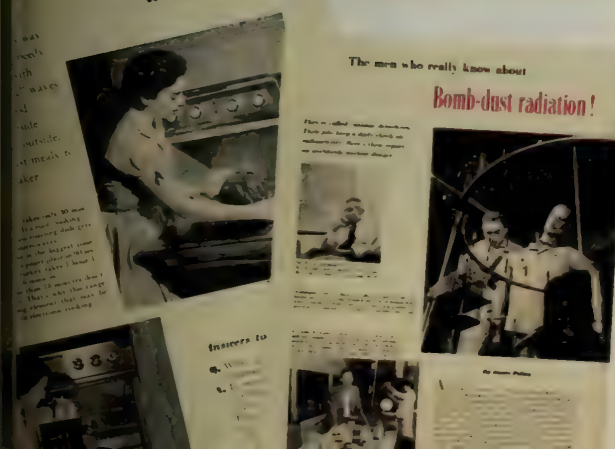
Circular and kidney-shaped tables sidled up to '50s furniture sporting angular silhouettes; pink and black was the color combination du jour.





'50s housing boom

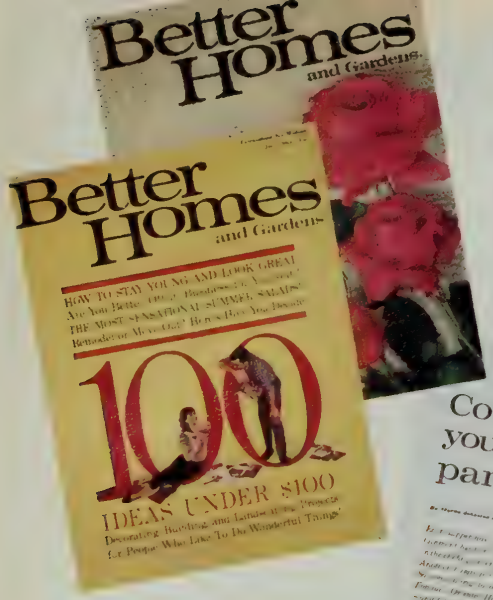
Pent-up demand and a suburban focus built a brave new world of housing styles and energy-saving appliances. Meanwhile, the Cold War fueled the nation's jitters over Communism.



Fresh from war, America viewed technological advances with awe and fear. Microwave ovens promised versatility, but atom-splitting power released the terrifying specter of nuclear war.

'60s social unrest

The Berlin Wall, Cuban Missile Crisis, and Vietnam War inflated world tensions. Though activists marched for peace and racial justice, assassins' bullets rang out an devastating race riots flared.





Allowing busy women a hassle-free entertaining option, at-the-table cooking pots and conversation bubbled away during '70s fondue parties.



Space-age plastic furnishings broke the traditional mold with their slick surfaces, dazzling hues, and slinky outlines.



host of *The Tonight Show*
first American
missile crisis
Kennedy is assassinc
1964 *BH&G*
ison gets resoluti
and thousands
Vietnam
dicare is establi
movies are develope
• Dr. Christian Barn
performs first heart
Kennedy is assassinated
• Manned spacecraft
achieves lunar orbit
• Violent anti-war pr
during the Democratic
National Convention
1969 Neil Armstrong
Music and Art Fe
• Polyester jumpsuits,
tform heels, and lon
are popular
1970 Kent Sta
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ed garments,
resses, and secondhanc
ilitary wear are pop
• The
Environmental Protection
determine standards for

'70s scandal

Watergate uncovered Richard Nixon's presidency. Though most Americans thrilled with the ending of the Vietnam War, Americans suffered a record oil and food price [illegible] inflation [illegible] spiraling interest rates.



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SALON SELECTIVES

Find your combination. *Valerie found the perfect balance for her oily roots and dry ends with Deep* 7 *Shampoo plus Moisturizing* M *Conditioner. And she keeps her curls curly with Perfect Curls* 10 *Spray.* http://www.yoursalon.com

After years of energy shortages, solar homes let the sun shine on a national consciousness primed for brilliant solutions.

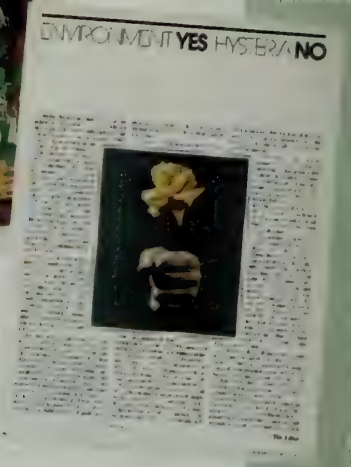

A Step Ahead in SOLAR LIVING

exterior

first floor




"Well, if you're going to live in a jungle, you've got to expect snakes."


ENVIRONMENT YES HYSTERIA NO

When pollution muddied the face of America the beautiful, Americans aimed at ways to restore the integrity of vast natural resources.



'80s hoopla

While status and label-conscious yuppies jockeyed for consumer goods, problems such as drugs, AIDS, and homelessness prompted deep concern.


the sunny finish of pine

Harking back to a less stressful time, Americans embraced romantic pine furnishings and sweet touches, such as teddy bears.

1977 broadcast on

1979 BH&G

• 1982 BH&G publishes

Extraterrestrial becomes

a recipe



The kitchen has always been the room where you make and break bread, but lately it's become more than that. As it has, the look and feel of these "living rooms" is changing to suit the times.



Today's kitchens demand durable surfaces that can handle a multi-purpose role. That's why stainless steel, a mainstay in professional kitchens, is making its way into the home in a big way. With the proper care it will shine bright and perform for many years.



Stainless steel has a porous surface that actually works to trap stains. So the truth is, while it's called "stainless," it can be stained. This porous surface also traps other things like the gritty residue the most popular soft cleanser can leave behind. The trapped residue dulls the shine and appearance of the steel. A better choice on stainless is a tough, grit-free bleach cleaner like Comet Multi-Room Liquid Gel. It penetrates deep into tiny cavities, dissolves embedded stains and then rinses away without ever leaving a gritty residue.





If not incorporated correctly, stainless steel can be cold and impersonal. To avoid this, add items that add warmth. A collection of handmade ceramic vases discovered on a recent trip works well in this kitchen. Light-colored woods and natural fibers will also do the trick.

Counter tops get a lot of attention. One moment they're a desk or entertainment center, the next they're a place to fix dinner. This chameleon act can present a range of cleaning problems though, from grease and grime to juice and tea stains. So what do you do? Simple, use a cleaner that always cleans deep – Comet Multi-Room Spray with Bleach for example. It goes below the surface for a deeper clean.



Having a computer in the kitchen is great. Remember though, heat and grease are killers. Keep all electronics away from the stove and other heat-producing appliances. Also, make sure your computer is on a fuse separate from major appliances. This will prevent power surges that can cause troublesome crashes.



Every inch of your home deserves more than just a surface clean. Every room. Every nook. Every cranny. It's where you live, make the most of it.



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Comet HomeCare A deeper level of clean.



Work-of-art flower gardens bloom as the newest "rooms" in the household, complete with furnishings such as benches, gazebos, and yard ornaments.



Easy-does-it furnishings meet the need for quick solutions to everyday decorating dilemmas.

Home-baked taste by the spoonful.™



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'90s global thaw The Cold War's end, low inflation, and steady growth set the tone for a stock market surge.





Home may have become a retreat from the madding crowd, but porch revivals are the curbside manifestation of a growing neighborliness and nostalgia for a friendlier time.

75 YEARS HOME & FAMILY



Introducing Betty Crocker® Cereals.

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GET MORE OUT OF
YOUR LIQUID ASSETS.
Get unbeatable cleaning
with Cascade LiquiGel.
Get more sheeting
action in the rinse
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And get virtually spotless
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SO CLEAN, IT'S VIRTUALLY SPOTLESS.
So Clean, It's Virtually Spotless!
LEMON
Cascade
LiquiGel
WITH SHEETING ACTION
Cascade
Rinse Aid





The new food garden

You've probably noticed food gardening has changed. The man in bib overalls hoeing beans in the backyard—a fixture of the days when *BH&G* started out as *Fruit, Garden and Home*—has given way to busy couples planting herbs in containers and tucking tomatoes and greens into the flower bed. Meanwhile, fruit trees have moved out of the orchard and into the landscape where they hide the neighbor's garage or shade a patio—and yield fruit. We're learning: What tastes good can also look good.

by Rosalind Creasy



STATELY FORMS
Upright rosemary and oregano give height and grace to the back of this colorful salad bed. The tall woody stems of the rosemary make herbal skewers to hold vegetables for the barbecue grill, and setting oregano prunings on the coals will impart a smoky rich flavor. Across the path: ferny carrot leaves and the cabbage-like leaves of pac choi.

SALAD PIZZAZZ
A salad border can be filled with greens of all kinds. Here, frilly leaf lettuces are picked a few leaves at a time, and new plants are phased in during the season. Cooks can choose from dozens of salad greens: Mizuna, mustard, kale, endive, escarole, and radicchio are just a few. Edible flowers like violas and pansies add panache to salads and borders.

HERBS GALORE
Long borders of parsley and Blue Princess violas and a brick path unify the spring salad bed and lead your eye toward the front door. Other edging plants could greet the visitor as well: thyme, dwarf nasturtiums, and chives will add zip to meals, while compact vegetables like spinach-leaf lettuces, endive, and dwarf pac choi will fill your salad bowl and stir-fry pan.

Even zinnias and roses look boring when they are planted in long, straight rows. Not surprisingly, vegetables and fruit trees suffer the same fate. To make an inviting garden, designers avoid long rows of similar plants and instead guide the eye with graceful curves. They also vary the heights of plants, mingle contrasting textures, and limit the colors they include in drifts of flowers and edibles.

Living with smaller yards, today's gardeners expect more yield and flavor per square foot. You can fill the narrow edge beside a walkway or along the garage—even the tiniest bed—with vegetables, fruits, and herbs not available in your market or those so rare they're too expensive for your budget.

MINI-GARDEN
This five-foot circle of soil produces Lebanese white zucchini, dozens of squash blossoms for soups and fritters, and ruby chard for salads. There are herbs, too: lemon thyme and savory to flavor poultry, beans, soups, and omelettes, and a rose geranium that yields fragrant leaves to place under a genoise cake and flowers to float on fruit drinks.

HERBAL DRAMA
With their many pockets for planting, strawberry jars are perfect for growing herbs in a micro-garden. Here, purple sage, Oriental chives, dwarf bib lettuce, and rosemary peek out of their niches. Notice how the simple terra-cotta surface draws your eye and gives a focal point to the plantings around it.

TANGY DELIGHTS
A gooseberry trained against a fence makes the most of a narrow shady walk between a garage and the neighbor's property. In front, delectable Alpine strawberries tempt toddlers and parents alike. Other choices? Red currants on the fence with parsley at their feet.

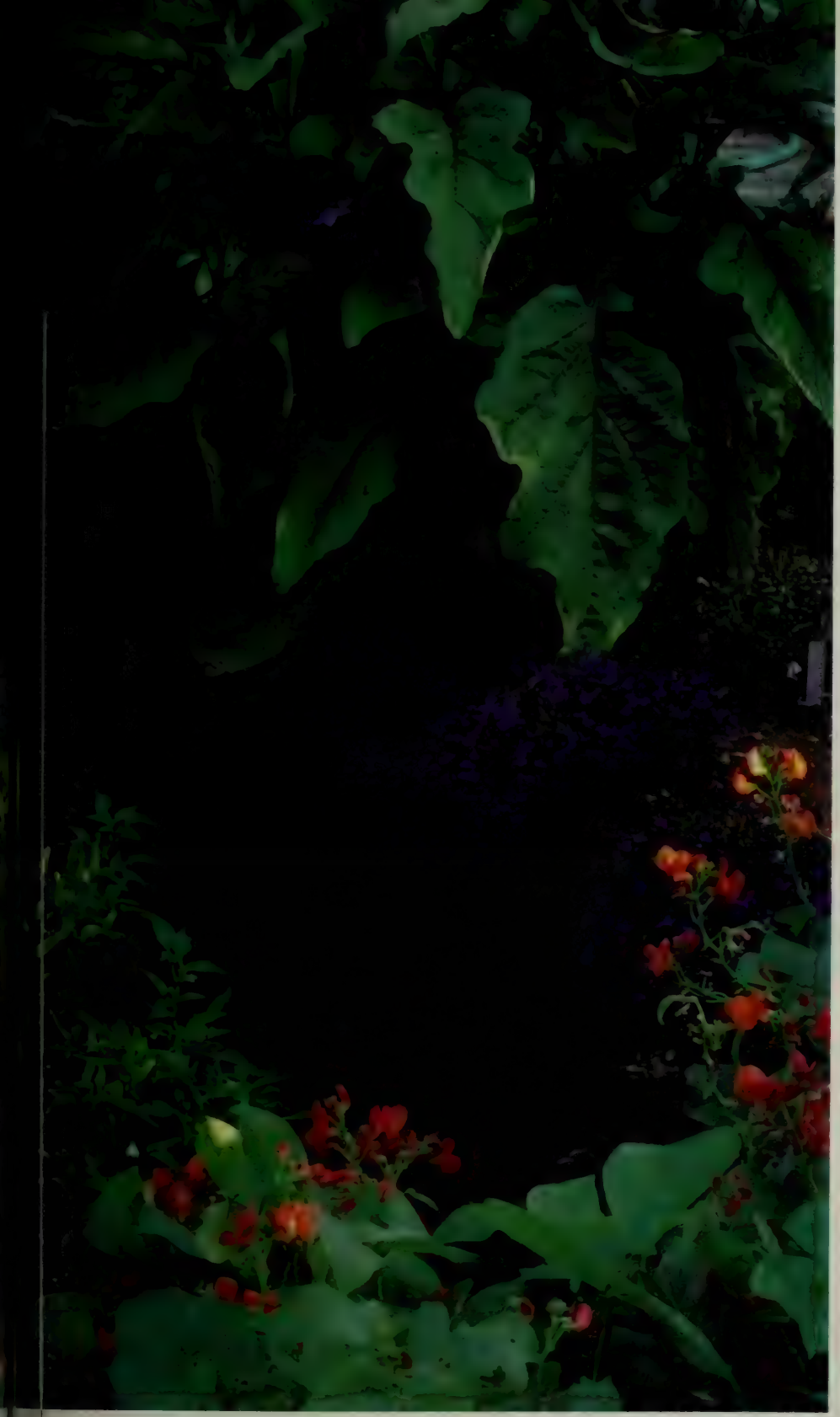


CLASSIC STYLE
Make a tree or a shrub into an espalier like the gooseberry above by pruning the branches that grow forward or back. Espaliers add elegance to small spaces, and their niches protect them from frosts and cold winters.





SUMMER DELIGHTS
A California front yard welcomes visitors with edibles. Around the birdbath, a small mound of dwarf zinnias nestles amid chives, thyme, garlic chives, and Super Chili peppers. In the foreground at right, a splashy dwarf runner bean called Scarlet Bees covers a low fence. Scarlet Bees and Super Chili are just two among hundreds of showy new vegetables for the edible landscape.



RESTFUL BACKGROUND
Eggplants and peppers in a curving, raised bed set a background for the herbs and flowers around the birdbath. Uniform height and dense cover of leaves make the vegetables a neutral setting for the show of color and texture in front. Other edibles that make good backgrounds include bush beans, broccoli, cabbage, mustard, chard, asparagus, and bush squash.

The same design principles that make good landscapes add color and interest to the once-homely vegetable garden. Here, acting as a focal point, a terra-cotta birdbath draws the eye to a raised bed of herbs and flowers that contrast in texture and color. A curved bed of vegetables makes a pleasant background, while dark-blue Crystal Palace lobelia bridges the two beds. A similar impact could be achieved by using a sun dial, small sculpture, or elaborate container—any decorative piece that is interesting enough to hold the viewer's eye.



SAVVY SALADS
Spinach and blooming arugula nestle among flowers and herbs. Arugula, a tangy salad green, quickly goes to flower. Instead of pulling it out, savvy gardeners let its nectar attract beneficial insects. And savvy cooks enjoy the flowers in salads.

COLOR CHOICES
Iceland poppies blaze with color, defying the cold in a border of spring vegetables. Lovely in the garden, they are stunning in a centerpiece. Other cool-season flowers to grow with vegetables and cut for the house include snapdragons, calendulas, anemones, stock, and midsize tulips. All come in many colors and are easy to grow.

THYME FOR BORDERS
Thyme is a perennial herb that grows well in all but the warmest parts of the country. It makes one of the loveliest and most easily grown permanent borders for a vegetable bed. To keep it tidy, shear it in spring.

VITAMIN POWER
Broccolis give more vitamins per square inch than any other edible. Here, green and purple sprouting broccolis not only look beautiful but also produce small sweet broccoli heads for months. The plant on the far right has gone to flower. Some of its yellow blooms will add tang to salads and the rest will attract beneficial insects.

For years, gardeners kept flowers and vegetables apart. But you can grow flowers that fend off pests and diseases without help from toxic chemicals, so why not mix flowers and food freely? When you plant flowers, you attract armies of beneficial insects to protect your vegetables. Drawn by nectar and pollen, the good bugs linger and attack pests.

Any landscape has room for containers and vines. Both add versatility and sophistication to a design. Food gardeners glory in container plantings because herbs and salad greens can be moved where they are most convenient—such as right by the kitchen door. Vines can enclose a garden or grow on arbors to give a roof to the garden. And from a small footprint they produce a large harvest.



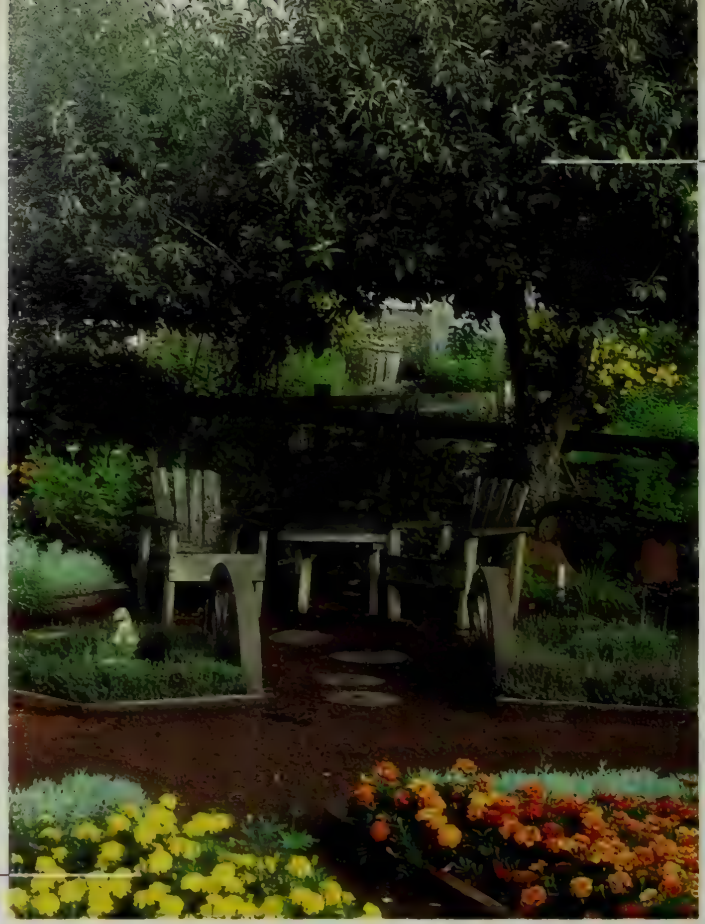
VINE POWER

Here, a large kiwi vine envelops a garden. Imagine having enough kiwis to last you through the holidays! Grapes, too, could be grown in a similar setting and would provide baskets of fragrant clusters. Gardeners often think first of fruit trees, but vines are a graceful and efficient way to grow fruits in a small garden. Kiwi and grape vines are large and permanent and need strong arbors or stout fences to hold them up properly. On a smaller scale, trellises and light fences can host all sorts of vining beans and cucumbers, intertwined with big blue morning glories or cardinal vines for color. The effect has been known to stop traffic.

CONTAINER FUN

Containers of Italian parsley, shallots, and chervil sit on a kitchen patio, handy for the cook. Beyond them lie beds of carrots, cabbage, lettuce, and onions. Many edibles grow well in containers: Herbs, bush cucumbers and squash, peppers, eggplants, and determinate (dwarf) tomatoes are among the best.





COLOR MAGIC
A bed of marigolds adds dramatic color and attracts beneficial insects to a mostly green scene. The marigolds also balance the dwarf apple tree and beds of herbs in the background. Other compact bedding plants to color green spots: marigolds, petunias, geraniums, and begonias.

FRUITFUL SHADE
Visitors to this Northwest garden can enjoy a little midday shade and maybe an apple, too. Trees with firm fruits such as apples and pears make good companions for a sitting area. Trees with soft, sometimes messy fruits such as plums, peaches, and cherries should stand apart in beds of their own.

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GARDEN DRAMA
This flower border in Anchorage sparkles with the color of begonias and the crinkled leaves and sculptured shape of a savoy cabbage. Every climate has possibilities for dramatic edible-plant combinations: in Chicago, combine Ruby red chard and white Darwin tulips; in Albuquerque plant beds of eye-popping habanero chilies and zinnias; and in Miami, revel in combining spiky gray pineapple plants with red pentas.

Edible plants come in all shapes and sizes: dwarf trees and shrubs for screens and hedges; vines for arbors; and vegetables and herbs for beds and containers. In the last decade or so, breeders and growers have selected especially flavorful and beautiful fruiting plants and vegetables that are perfect for today's smaller gardens and busy families. Many are available from local nurseries, and a larger selection can be ordered from specialty mail-order companies.

Buying information, page 56

TO ORDER plants, seeds, trees, and vines shown in this feature, see *page 141*.

Right here in Black & White.

COMPARE #1 INGREDIENTS Based on Label Information

PRO PLAN® DOG ADULT FORMULAS	HILL'S® SCIENCE DIET® CANINE MAINTENANCE®	IAMS CHUNKS®	NUTRO'S® Natural Choice™ LAMB MEAL & RICE FORMULA DOG FOOD	SENSIBLE CHOICE® ADULT LAMB MEAL & RICE FORMULA DOG FOOD
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Lamb				
Beef				
Turkey				





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Living with the blues



Making a fresh start doesn't have to mean abandoning the past, as Cynthia Moat recently discovered. Her move to a new town house offered a chance to mix treasured antiques with cozy fabrics and a crisp blue-and-white palette for a friendly look that's familiar *and* new.

by Rebecca Jerdee and Sharon Overton

Living with the blues



"I felt like I'd been living in the Old World and was finally comi

For Cynthia, collecting primitive American antiques has been both a profession and a passion. Over the years, she has managed to accumulate a house full of 19th-century tables and chairs and painted cupboards overflowing with antique pewter and pottery.

But after her husband died four years ago, Cynthia felt it was time to take stock. The suburban Minnesota ranch house they had shared for most of their married life suddenly felt too large, not to mention a little dark and dreary. So she moved to this light-filled town house and discovered the joy of new beginnings.

She also encountered a few design challenges—namely, how to make traditional furniture feel at home with contemporary architecture.

Cynthia's solution? Edit collections to the most essential pieces, pair them with familiar fabrics such as denim and checks, and place them in uncluttered settings that allow each one to shine anew.



t of it. ... I wanted to work in some comfort with my antiques."

"I was such a purist before," Cynthia says of her previous decorating scheme, which treated antiques like fragile museum pieces, assigning them hands-off status. "I wouldn't allow anything modern in."

In this new phase, comfort is more important than rigid design rules. In the living room, casual upholstery cozies up to an antique tavern table that's the perfect height to hold a dinner tray. Rather than introduce pattern or match colors perfectly, Cynthia blends shades of blue, like wearing favorite jeans with a faded denim work shirt.

This laid-back approach extends to the dining room, where reproduction Windsor chairs share space with an 1800s harvest table and primitive corner hutch. Cynthia prefers new seating since old chairs often are afflicted with wobbly joints. Accessories pull their weight, too. Antique pottery, pewter, and wooden bowls all work as serving pieces.



"I didn't have a problem with downscali

While a room full of serious antiques often can seem uninviting, Cynthia lightens things up with a soothing blue-and-white color scheme that softens any hard edges and keeps the overall look from becoming too severe.

In the bedroom, a reproduction pencil-post bed gets the soft touch with ready-made curtains in a crisp gingham check. The pattern is repeated on a window valance and in slightly larger scale on an upholstered chair. Variations on the checkerboard theme appear again on a lamp shade and window-pane-check throw. Pure white walls, chambray sheets, and a white cotton comforter keep the patterns from becoming too busy and allow the eye a place to rest.

Throughout the house, white walls and uncluttered, sunlit spaces give furniture an collectibles gallery-like prominence. In this setting, even the slightest shift of accessories can help to create an entirely new mood.



ny things. … I felt like I was upscaling my life."

For Cynthia, moving to a smaller space also meant letting go of a few things. (Although she had once been an antiques dealer, she usually managed to keep as much as she sold.) Calls to former clients narrowed her collections somewhat; yard sales helped winnow the rest. Afterward, finding a place in her new home for the favorites—such as the mustard-brown cupboard and black ladder-back chairs in the breakfast nook—became relatively easy. But occasionally she debated what to do with, say, an extra oil painting or an odd side chair.

"Rather than struggle with trying to work it in, I'll often put it away for a little while. If I look at it in a year and I haven't used it and don't miss it, maybe I'll try to sell it. I usually don't have regrets," she says.

Simplifying your life isn't restricting, Cynthia says. It allows you the freedom to try new things. Letting go "takes courage," she advises. "But just go for it."



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Living with the blues

continued from page 89



In the master bedroom, a floral bedspread adds romantic inspiration to the blue-and-white theme.

Find your own path to simplicity

- **Dress down.** Coworkers always look more relaxed and happy on casual Fridays. The same can hold true for furniture—every day of the week. Dressing a tailored wing chair in cotton denim is the visual equivalent of loosening the necktie on the company accountant.
- **Trade up.** Collecting antiques is great fun—until your collections start to squeeze you out of your home. Whether you pine for painted cupboards or old pottery, follow one simple rule: Once your collections reach critical mass, vow to sell or recycle one old item for every new thing you bring home.
- **White out.** Neutralize visual clutter by picking one color (in this case, white) for walls and one or two main colors (here, blue and white) for fabric and upholstery. Then add vases of flowers or bowls of fruit for seasonal accents.
- **Check in.** Repeating a single pattern, such as checks, is another way to pull together a decorating scheme. Just be sure to vary the scale, such as a large check on upholstery, a medium print on curtains, and a smaller pattern on lamp shades or pillows.
- **Think big.** Remember, a few large furniture pieces carry more weight than a room full of small ones.

Buying information, page 56

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Taste of Tuscany

rich flavor, old-world flair



Tuscany is a land of traditions, not trends—

a place where artisans still pass down centuries-old crafts from generation to generation. The craft of cooking is no different. So when Tina Mehan, a native of the Italian region, wanted to bring the spirit of Tuscany to the heart of her home in Northern California, she began in the kitchen.

by Steven Mumford

Buying information, page 56

Taste of Tuscany

Hand-painted tiles were intentionally "mismatched" to look as if they had been added and changed with the passing of time.



a space with a sense of history



Tina and John Mehan, with their dog Freckles, enjoy sunny mornings at their kitchen's breakfast banquette.

Preferring antique pine to stainless steel, Tina set out to design a space with a sense of history. "I didn't want a shiny kitchen where everything is always put away," says Tina. "I wanted the room to look as if it had evolved over the years." To create this impression, she pulled together a collection of old-world ingredients such as hand-painted tiles, antique furniture, and rough-hewn beams. In addition, Tina set up the kitchen with two distinct work centers—a vintage pine table that serves as a staging area near the sink and a covered alcove that houses the range. Together, all these elements work to form a unified whole.

Behind the range, a backsplash made of hand-painted tiles features a recessed Tuscan arch. This traditional form is not without function—it features a 3-inch-deep shelf where Tina keeps oils and cooking necessities.

sharp lines and

gentle

curves create visual drama

Opposite the cooking area, the kitchen stretches into a breakfast nook and sitting area. When the morning sun isn't bathing these spaces in warmth and light, a large fireplace does the job.

The sculpted curves of the chimney and firebox create the room's focal point and serve as a reminder of Tina's native land. Where the round-edge hearth meets the banquette's bench seat, architectural and furniture design literally become one. In like fashion, the ledge behind the banquette merges with the bottom shelf of the built-in bookcase.

These sweeping lines are contrasted by rough beams that crisscross the ceiling and add architectural variety.

Traditional Tuscan materials—such as tile, terra-cotta, and wrought iron—help give these spaces their authentic flavor.

Even from the kitchen, Tina and John can enjoy a warm glow from the fireplace.







Taste of Tuscany

The wall opposite the banquette has five sets of French doors that connect the living room with the patio and garden. "I wanted a house that was half inside and half outside," says Tina. "I want to feel like I can be outside whenever I want." True to Italian construction techniques, the window and door openings are uncased and have curved edges in lieu of moldings and trim.



This kitchen isn't just for cooking. Its wide-open floor plan keeps it connected to the adjoining spaces and allows the cook to talk to guests in surrounding rooms.



a perfect place for alfresco dining and entertaining

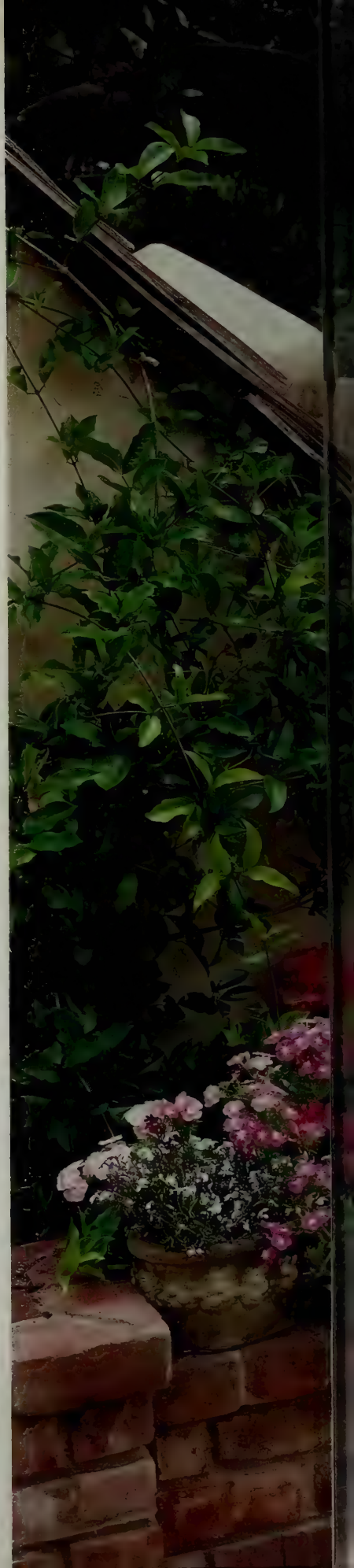
This much Tuscan character couldn't be contained indoors. As an extension of the living space inside, the patio makes an ideal place to entertain—or simply to enjoy the quiet surroundings. Low brick curbs hold geraniums, violets, and purple sage, while rose vines creep up the garden walls. These walls, with their round-edge pillars, separate the patio from the driveway, and the arched entrance, with its weathered gate, gives guests direct access to the patio. When you walk under the arch, you know you've entered a special place.

And, when the sun goes down and the temperature drops, a fire in the outdoor fireplace chases off the evening chill.



Low brick walls not only support plantings but also help define the patio's traffic areas.

The outdoor fireplace (*below*) backs up to the one inside; both fireplaces share a single chimney.





Taste of Tuscany



Looks like you forgot something.



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Our Best RECIPES

This month, you'll find:

Favorites Forever p.104

These best-loved recipes have stood the test of time



Old-Time Beef Stew p.118

Readers' Prizewinning Recipes

Favorite Turkey Ideas *and* Super Snacks p.137

PHOTOGRAPHS: TONY GLASER FOOD STYLIST: JUDY VANCE PROP STYLIST: NANCY HOPKINS



"Our family agrees that this time-honored recip

by Joy Taylor

Favorites Forever

We heard you! When we asked, "What's your favorite BH&G recipe?" your passionate responses made our final selection really tough. These top picks from our 75-year-old recipe box have, indeed, stood the test of time. Your family will enjoy them today just as much as earlier generations.

leserves a second printing."



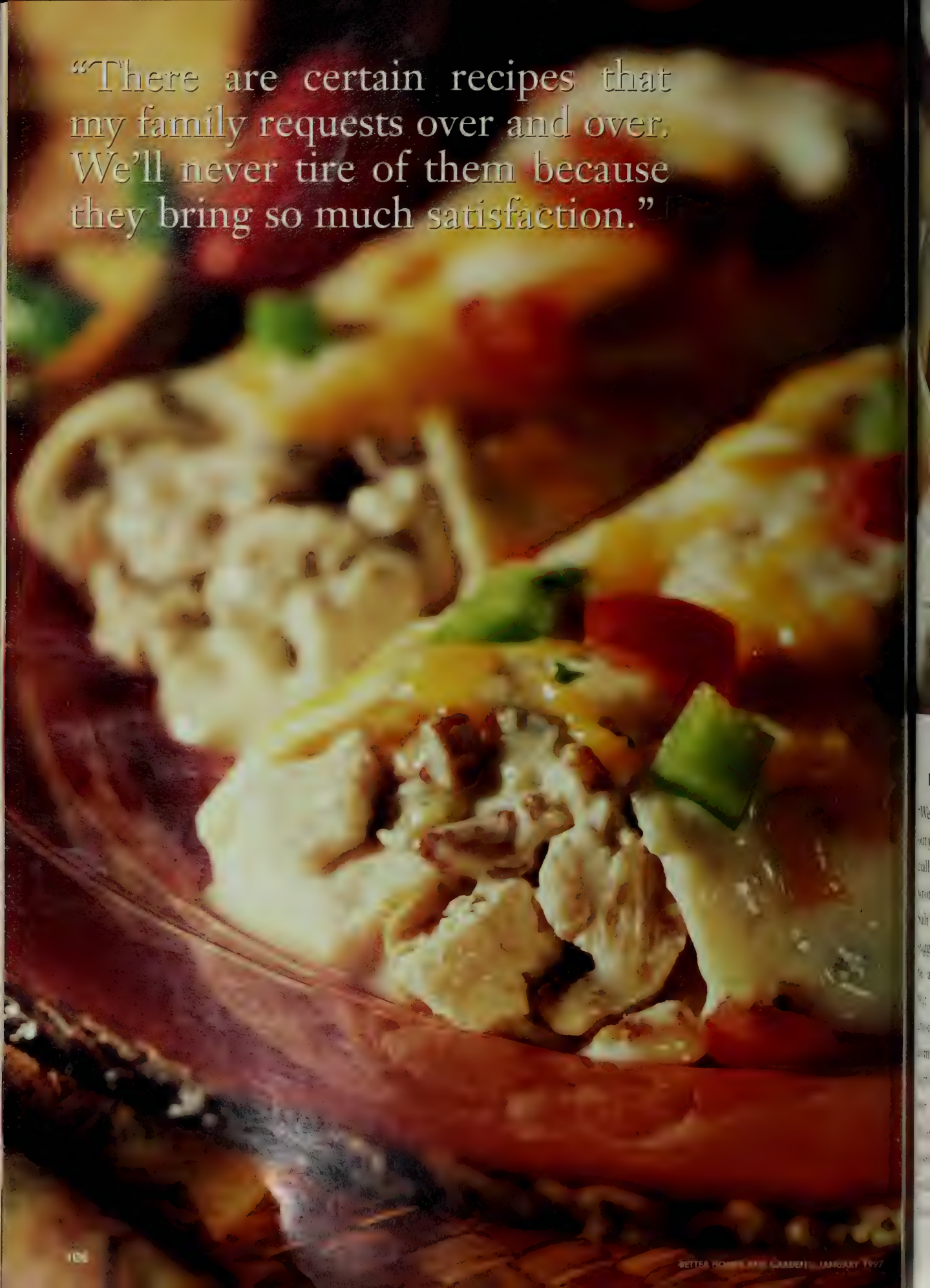
FROSTED BUTTERSCOTCH COOKIES

Just about every grandmother has a cookie recipe that she's "known for." For Maurine Welch of Clearwater, Florida, that recipe has been Frosted Butterscotch Cookies, which she clipped from a 1930s issue of our magazine. Sixty years later, her grandkids are baking the recipe!

LIGHT BREAD

Since 1973 when Shug Geter of Georgia shared her secret bread recipe with us, many readers have affirmed its lightness. "Melts in your mouth" is a popular testimony provided by the many voters for this memorable recipe.

Recipes begin on page 116


"There are certain recipes that my family requests over and over. We'll never tire of them because they bring so much satisfaction."



VEGETARIAN CHILI

We first printed this spirited soup in our magazine and cookbook in the early '80s. Today, scores of readers rank it as one of their "best recipes." It's satisfying dinners such as this one that make meatless meals so popular at home today.

GREEK CROUSTADE

Want to turn some heads? Arrive at a potluck gathering with this elegant appetizer (*below*), and you'll be sure to get noticed. Be prepared to share this recipe from 1983—when it turned some heads by appearing on our March magazine cover.

Recipes begin on page 122

TURKEY ENCHILADAS

"We couldn't live without your magazine, especially your recipes," wrote Kelly Thacker of Salt Lake City. Kelly suggested several recipes be a part of this story, but we narrowed her choices down to this comforting casserole (*left*). It first appeared in our magazine in 1992 when we showed how easily favorite meals could be made over to reduce fat and calories.



Favorites Forever



UP-AND-DOWN BISCUITS

After reading thousands of letters nominating recipes for this story, we knew this 1950 biscuit was a shoo-in because so many readers suggested it. One taste and we agree, "It's a keeper."

PUMPKIN PECAN PIE

Many families told us that holiday meals just wouldn't be complete without our foolproof pie. Thanks for reminding us of this 30-something sensation. Pie lovers, pass the whipped cream.

"Just one whiff of this recipe brings back memories of my grandmother in the kitchen. Now I bake it for my children."

COQ AU VIN ROSETTES

Once a winner, always a winner. This elegant pasta casserole was a prizewinner in our 1985 holiday recipe contest. Then, as now, the editors loved the clever presentation of the lasagna noodles rolled into spirals. Busy cooks turn to this entrée for entertaining because it can be made the night before.

Recipes begin on page 126







PORK CHOP BARBECUE

Longtime reader Janet Watkins wrote, "In the summer of 1953, a young mother of two served Pork Chop Barbecue to guests in West Texas. Last week a retired teacher, mother of seven, and grandmother of 14 served the same recipe to friends. Cooking is a thread that runs through our lives."

WINTER FRUIT BOWL

Sometimes, the simplest things are worth remembering. This five-ingredient fresh fruit bowl has added a refreshing accent to breakfasts, brunches, and lunches since we first printed it in January 1976.



Recipes begin on page 128

Introducing New Cream Soups from Campbell's. 98% fat free, 100% delicious.



Campbell's One Dish Chicken & Rice Bake

Prep Time: 5 min. Cook Time: 45 min.

- 1 can (10 3/4 oz.) Campbell's® 98% Fat Free Cream of Mushroom Soup
- 1 cup water*
- 3/4 cup uncooked regular white rice
- 1/4 tsp. paprika
- 1/4 tsp. pepper
- 4 skinless, boneless chicken breast halves

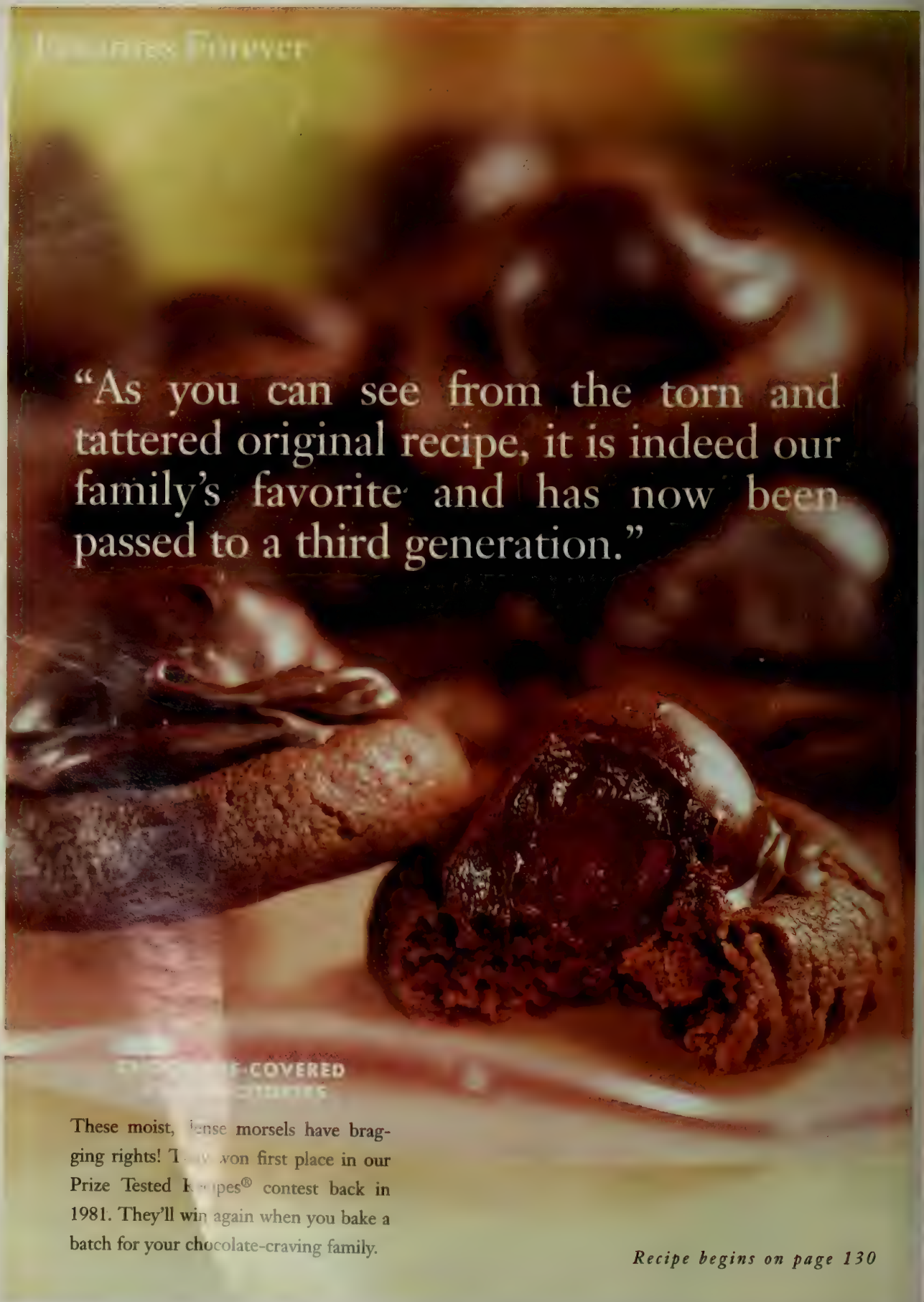
1. In 2-qt. shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper. **Cover.**
2. Bake at 375°F. 45 min. or until chicken and rice are done. Serves 4.

*For creamier rice, increase water to 1 1/3 cups.



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These moist, ense morsels have bragging rights! T won first place in our Prize Tested k pes® contest back in 1981. They'll win again when you bake a batch for your chocolate-craving family.

Recipe begins on page 130

DONNA McCRACKEN RAISED A LITTLE HELL AT HER OFFICE PARTY.



No, she didn't tell her boss off. Or dance on her desk. Her cheese dip caused all the commotion. She tried something new. Instead of salsa, she added the original Ro•Tel Diced Tomatoes and Green Chilies. And the party really took off. Not to mention the dip.

Nothing fires up the flavor, arouses any recipe like Ro•Tel. If it calls for tomatoes, it screams for Ro•Tel. All the spices you need in one can.

Try it. But please, use only as directed.

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RAISE A LITTLE HELL WITH RO•TEL®.





RO•TEL Cheese Dip

1 lb. pasteurized processed cheese spread, cut into cubes
1 can (10 oz.) RO•TEL® Diced Tomatoes and Green Chilies

In saucepan combine ingredients; stir over low heat until cheese spread is melted. Serve with tortilla chips, crackers or vegetables. Makes about 3-1/2 cups dip.

MICROWAVE:
Place ingredients in a covered casserole. Microwave on HIGH until cheese spread is melted, about 5 minutes, stirring once.

LOOK FOR RO•TEL® IN THE CANNED TOMATO SECTION

Favorites Forever

continued from page 114

Chocolate Cream Cheese Cake

One of our devoted recipe collectors wrote, "If you could see the original recipe, you'd note the yellowed tape and multiple spills that set this recipe apart from others. I serve it anytime I need a perfect, never-fail, delicious dessert." The original dark chocolate cake appeared in our magazine in 1975; 22 years later, we're introducing a white chocolate variation, which appears on our cover this month.

- 2½ cups all-purpose flour
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 8-oz. pkg. cream cheese, softened
- ⅔ cup butter or margarine, softened
- 1 tsp. vanilla
- 5 oz. unsweetened chocolate, melted and cooled
- 8 cups sifted powdered sugar
- ⅓ cup milk
- 1 to 2 cups sifted powdered sugar
- 3 eggs
- 1 cup milk
- ½ cup seedless red raspberry preserves
- White Chocolate Stars (optional)
- Fresh raspberries (optional)

Grease and flour three 8x1½- or 9x1½-inch cake pans; set aside. In a large mixing bowl combine flour, baking powder, baking soda, and salt; set aside.

In a mixing bowl beat together cream cheese, butter or margarine, and vanilla with an electric mixer on medium speed till fluffy. Add melted chocolate; beat till well blended. Alternately beat in the 8 cups powdered sugar and the ⅓ cup milk. Transfer 3½ cups of the mixture to another large mixing bowl to use for part of the cake batter and set aside.



Cake fanciers are sure to love the clever preparation of this Chocolate Cream Cheese Cake—part of the cream cheese frosting becomes the cake batter!

You should have about 2 cups of the mixture remaining, which will be used for the frosting. To this mixture, beat in enough of the additional 1 to 2 cups of sifted powdered sugar to make it a spreading consistency. Cover frosting and refrigerate till needed.

Add eggs to the 3½ cups cream cheese mixture; beat 1 minute at medium speed. Add flour mixture and the 1 cup milk alternately to the egg mixture, beating at low speed after each addition just till combined. Pour batter into prepared pans. (If you don't have three cake pans of the same size, chill a portion of the cake batter for up to 1 hour before baking.)

Bake in a 350° oven for 25 to 30 minutes for 8-inch pans and 22 to 25 minutes for 9-inch pans or till a toothpick inserted near the center comes out clean. Cool in pans for 10 minutes. Remove; cool on wire racks. Remove frosting from refrigerator about 30 minutes before frosting the cake. Place one cake layer on serving plate; spread with half of the raspberry preserves. Top with second layer; spread with remaining jam. Top with third cake layer. Spread top and sides with frosting. Cut in wedges to serve. Garnish each serving with a White Chocolate Star and fresh raspberries, if desired. Makes 16 servings.

continued on page 118



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ouillon or 2 teaspoons of granules
boiling water for each cup of rice,
asta or vegetables. What could be
asier than that?

Available in Reduced Sodium.



STEERO BOUILLON®

Savory, homemade flavor without the fat.

orden, Inc. 1996

Favorites Forever

continued from page 116

White Chocolate Stars: In a small saucepan heat and stir 2 ounces white chocolate and 1 teaspoon shortening over low heat till melted and smooth. Cool slightly. Transfer mixture to a heavy, self-sealing plastic bag; seal. Cut a very small hole in one corner of bag; use hole to pipe chocolate into star shapes on a piece of waxed paper. Let stand till dry.

Nutrition facts per serving: 495 cal., 19 g total fat (10 g sat. fat), 78 mg chol., 251 mg sodium, 81 g carbo., 1 g fiber, 6 g pro. Daily Values: 16% vit. A, 0% vit. C, 7% calcium, and 13% iron.

White Chocolate Cream Cheese Cake: Prepare the cake as directed, except substitute 5 ounces white chocolate baking squares for the unsweetened chocolate. Garnish cake with fresh raspberries, White Chocolate Curls, and additional powdered sugar.

White Chocolate Curls: Carefully draw a sharp vegetable peeler across the broad surface of two or three 2-ounce white baking bars. This works best if baking bar is at warm room temperature. Use curls immediately or carefully place curls on paper towels in a covered storage container in a single layer. Store at room temperature or chill till needed.

Old-Time Beef Stew

Here's how our editors described this popular recipe back in 1962: "It's the browning—long and lazy—that gives a stew the rich color and flavor; gentle cooking is what makes the meat tender."

- 1½ lb. boneless beef stew meat, cut into 1-inch cubes
- 2 Tbsp. cooking oil
- 4 cups water
- 1 large onion, sliced
- 2 cloves garlic, minced
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. lemon juice
- 1 tsp. sugar
- ½ tsp. salt
- ½ tsp. paprika
- ¼ tsp. pepper
- 1 bay leaf
- ⅛ tsp. ground allspice
- 6 medium carrots, peeled and bias-sliced into ¾-inch chunks
- 1 lb. small white onions, peeled and halved
- 4 medium potatoes, cut into 1-inch chunks
- ½ cup cold water
- ¼ cup all-purpose flour
- Snipped parsley (optional)

In a large pot cook all of the meat at once in hot oil over medium-high heat for 15 to 20 minutes or till brown, stirring occasionally. Drain off excess fat. Add the 4 cups water, sliced onion, garlic, Worcestershire sauce, lemon juice, sugar, salt, paprika, pepper, bay leaf, and allspice. Bring just to boiling; reduce heat. Simmer, covered, for 2 hours, stirring occasionally.

Stir in carrots, halved onions, and potatoes. Return to boiling; reduce heat. Simmer, covered, for 30 minutes more or till meat and vegetables are tender. Discard bay leaf.

In a screw-top jar shake together the ½ cup cold water and flour till combined. Stir into stew. Cook and stir till thickened and bubbly; cook 1 minute more. Season stew to taste with salt and pepper. Sprinkle each serving with snipped parsley, if desired. Makes 6 main-dish servings.

Nutrition facts per serving: 389 cal., 13 g total fat (4 g sat. fat), 82 mg chol., 338 mg sodium, 37 g carbo., 5 g fiber, 31 g pro. Daily Values: 171% vit. A, 37% vit. C, 5% calcium, and 30% iron.

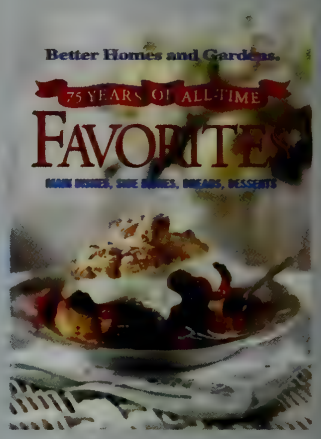
Frosted Butterscotch Cookies

Don't skip the frosting. That's what makes these cookies so addictive!

- 2½ cups all-purpose flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- ½ tsp. salt
- 1½ cups packed brown sugar
- ½ cup shortening

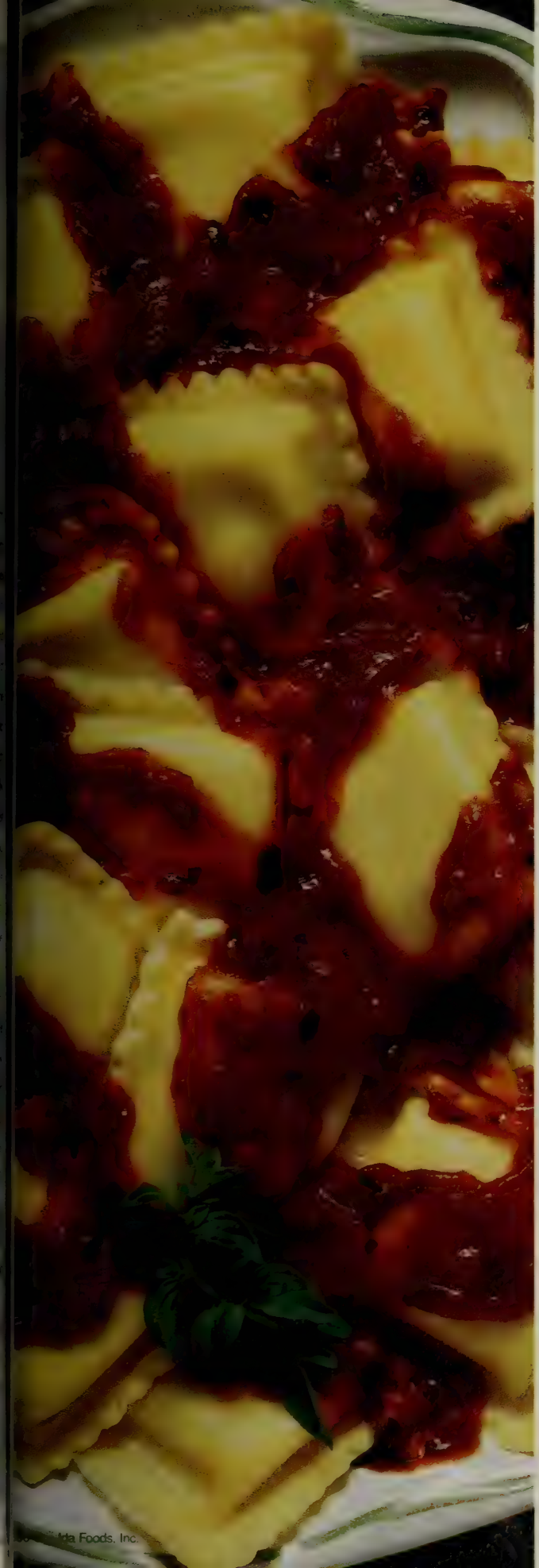
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Special Book Offer



75 Years of All-Time Favorites is a warm, inviting, and nostalgic cookbook commemorating 75 years of recipes from the pages of *Better Homes and Gardens®* magazine. Here, in one bountiful volume, you'll find over 200 recipes—classic and new—that the editors have chosen as the best from the 1920s to today. Recipes were selected to illustrate popular food trends from each decade. Each recipe has been carefully tested in the *Better Homes and Gardens* Test Kitchens, with preparation and cooking techniques updated to reflect the way we cook today. Healthful changes, such as reducing sodium and fat, have been made to some recipes, too. Appetizers, side dishes, main dishes, and desserts are each given their own chapters so the recipes are easy to find. Nutrition analysis is given for each recipe; menu suggestions are shown throughout; low-fat symbols flag healthful recipes; and stars identify recipes recommended by readers. The 320-page hardcover book costs $34.95, which includes shipping, handling, and applicable sales tax. ***Please Note: Book shipments begin about January 6, 1997.***

TO ORDER: Send a check for $34.95 per book to: *Better Homes and Gardens* Reader Shopping Service, Dept. 9701, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066.



The end of Tuesday as we know it.

Rosetto Pasta announces a dramatic improvement to the dullest of all days. Tuesday doesn't start the week, or end it. It's not even a mid-point. It's just tedious.



Ricotta, pecorino romano and parmesan cheeses found in every forkful of every Rosetto Ravioli.

But you can save it. Serve Rosetto Ravioli. Once your family tastes this authentic pasta - with its ricotta, pecorino romano and parmesan cheeses spiced to perfection - they'll at least like Tuesday dinner. Brothers will talk to sisters. The phone will stop ringing. Sitcoms will be replaced by compliments to your cooking.



News photo taken outside 132 Elm Street, Muncie, Indiana, Tuesday, March 26, shortly after Rosetto dinner.

And all you have to do is boil water. So look in your grocer's freezer for Rosetto Ravioli or any of our other delicious varieties, like tortellini, stuffed shells or manicotti. There are bound to be many more Tuesdays in this year alone.



ROSETTO

Save Tuesday. Serve Rosetto.

...ida Foods, Inc.



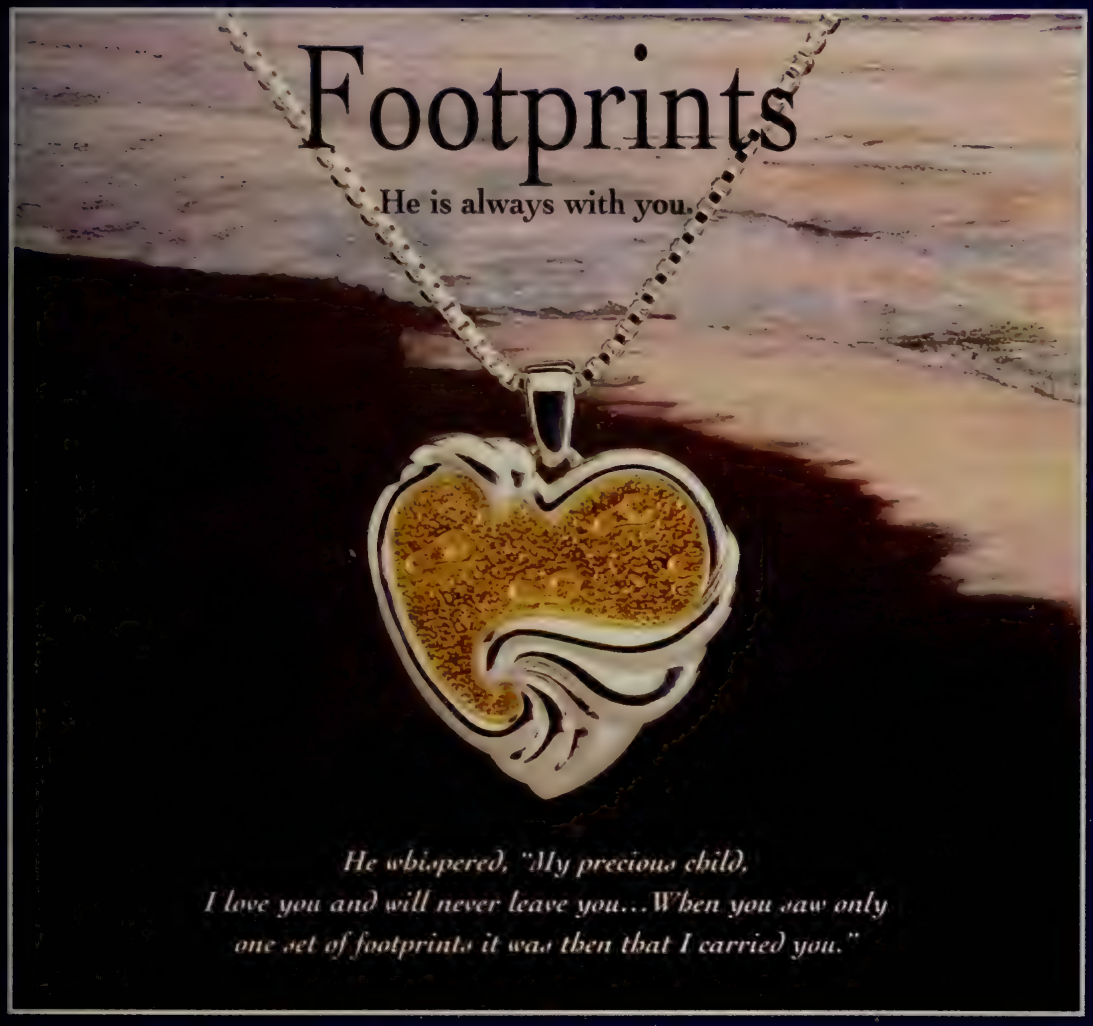
This is one holiday gift tha gets opened all year long!

Whether you're shopping for a seasoned "pro" in the kitcher or someone starting out on their own, the holiday classic fr *Better Homes and Gardens* just got better! This updated edit of the *Better Homes and Gardens* NEW COOK BOOK is pac with more recipes, more photos and more useful informatio from the cooking experts at *Better Homes and Gardens*. It's indispensable kitchen reference tool cooks will open time ar time again. Pick up a copy for the cooks on your list wherever quality books are sold.

Better Homes and Gardens Bo

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LENOX



Exclusive pendant design in silver and gold

The poem "Footprints" by Margaret Fishback Powers has illuminated the meaning of God's love for millions. With simplicity and tenderness, its words evoke a powerful image of God carrying us through troubled times. Now, Lenox presents a beautiful pendant inscribed on its back with the heart of the poem.

Crafted of solid sterling silver and selectively electroplated with gleaming 24 karat gold, the *Footprints* pendant is adorned with sculptured waves framing a single trail of footprints in golden sand.



Inscription on reverse. Pendant shown actual size.

Footprints will be crafted for Lenox by the silversmiths of Gorham and is available by direct order. The $76 price is payable in convenient monthly installments, and no payment is required with your order.

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Lenox, Inc. 1997

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Mail by January 31, 1997

Please enter my order for the *Footprints* pendant in solid sterling silver with 24 karat gold electroplate. A 20" sterling silver box chain, the poem "Footprints," and a Certificate of Authenticity will be included.

I need send no money now. I will be billed for my pendant in four monthly installments of $19* each.

Signature _____

Name _____
PLEASE PRINT CLEARLY

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City _____ State ____ Zip _____
1473669

Telephone (_____) _____

*Plus $5.98 per pendant for shipping, handling and insurance. Sales tax will be billed if applicable. All orders are subject to acceptance.

Mail to: Lenox Collections
P.O. Box 3020 • Langhorne, PA 19047-9120

Favorites Forever

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- 2 slightly beaten eggs
- 1 tsp. vanilla
- 1 8-oz. carton dairy sour cream
- ⅔ cup chopped walnuts
- 1 recipe Browned Butter Frosting
- Walnut halves (optional)

In a bowl stir together flour, baking soda, baking powder, and salt; set aside. In a medium mixing bowl beat sugar and shortening with an electric mixer on medium to high speed till thoroughly combined. Add eggs and vanilla. Beat till thoroughly combined. Alternately add flour mixture and sour cream, beating after each addition. Stir in chopped walnuts.

Drop dough by rounded teaspoons 2 inches apart onto a greased baking sheet. Bake in a 375° oven for 10 to 12 minutes or till edges are lightly browned. Cool cookies on a wire rack. Spread cooled cookies with Browned Butter Frosting, topping each cookie with a walnut half, if desired. Makes about 60 cookies.

Browned Butter Frosting: In a medium saucepan heat and stir ½ cup butter over medium-low heat till golden brown (do not scorch). Remove from heat. Stir in 3½ cups sifted powdered sugar, 1½ teaspoons vanilla, and 5 to 6 teaspoons hot water. Beat till frosting is easy to spread. Use immediately. If frosting begins to set up as you work, stir in a few drops hot water; beat smooth again. Makes about 1⅓ cups frosting.

Nutrition facts per frosted cookie: 105 cal., 5 g total fat (2 g sat. fat), 13 mg chol., 63 mg sodium, 14 g carbo., 0 g fiber, 1 g pro. Daily Values: 2% vit. A, 0% vit. C, 1% calcium, 2% iron.

Light Bread

This bread dough is so easy, all you'll need to mix it is a sturdy spoon. No electric mixer required. Toasted and spread with jam for breakfast, this homemade bread is a family pleaser.

- ½ cup sugar
- ½ cup shortening
- 2 tsp. salt
- 1 cup warm milk (110° to 115°)
- 2 beaten eggs
- 1 cup warm water (110° to 115°)
- 2 pkgs. active dry yeast
- 6¼ to 6¾ cups all-purpose flour

Place sugar, shortening, and salt in large mixing bowl. Add warm milk and stir to soften shortening; cool. Using a spoon, beat in eggs.

In a small bowl stir together warm water and yeast; let stand 5 minutes. Stir yeast mixture into shortening-egg mixture. Add 4 cups of the flour; beat with a wooden spoon till smooth. Add enough of the remaining flour to make a soft dough. Turn dough out onto floured surface; knead in enough remaining flour to make a moderately soft dough that is smooth and elastic (8 to 10 minutes). Place in greased bowl, turning once to grease surface. Cover; let rise in warm place till double (1¼ hours).

Punch dough down; let rest 10 minutes. Divide dough into halves or thirds. Shape into loaves. Place in 2 greased 9x5x3-inch loaf pans or 3 greased 8x4x2-inch loaf pans. Let rise till double (45 to 60 minutes).

Bake in 375° oven 25 minutes or till golden. Cover with foil the last 5 to 10 minutes, if necessary, to prevent overbrowning. Cool on a wire rack. If desired, wrap bread in moisture-, vapor-proof wrap and freeze. Makes 2 or 3 loaves (36 servings).

Light Pan Rolls: Prepare Light Bread as directed, except after first rising, shape dough into 36 rolls. To shape, gently pull each dough piece into a ball, tucking edges beneath. Place the shaped dough in two greased 13x9x2-inch baking pans. Let rise till double (45 to 60 minutes). Bake in 375° oven for 15 to 20 minutes or till golden. Cool on a wire rack. Makes 36.

Nutrition facts per serving: 117 cal., 3 g total fat (1 g sat. fat), 12 mg chol., 126 mg sodium, 19 g carbo., 1 g fiber, 3 g pro. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, 6% iron.

Turkey Enchiladas

Hooray for today's new ingredients that help us enjoy great-tasting, healthful meals. By using lower-fat dairy products in this Tex-Mex casserole, you save 5 grams of fat per enchilada.

- ½ cup chopped onion
- ½ of 8-oz. pkg. reduced-fat cream cheese (Neufchâtel), softened
- 1 Tbsp. water
- 1 tsp. ground cumin
- ¼ tsp. pepper
- ⅛ tsp. salt
- 4 cups chopped cooked turkey or chicken breast
- ¼ cup chopped pecans, toasted
- 12 7- to 8-inch flour tortillas
- Nonstick spray coating
- 1 10¾-oz. can reduced-sodium condensed cream of chicken soup
- 1 8-oz. carton light dairy sour cream
- 1 cup skim milk
- 2 to 4 Tbsp. finely chopped pickled jalapeño peppers
- ½ cup shredded reduced-fat sharp cheddar cheese (2 oz.)
- Snipped cilantro or parsley (optional)
- Chopped tomato and sweet pepper (optional)

In a small saucepan cook onion covered, in a small amount of water over medium heat till tender; drain. In a medium mixing bowl stir together cream cheese, the 1 tablespoon water, cumin, pepper, and salt. Stir in cooked onion, turkey, and toasted pecans.

Wrap the tortillas in foil. Heat in a 350° oven for 10 to 15 minutes or till softened. (Or, if using a microwave, wrap the tortillas in a microwave-safe paper towel and micro-cook on high for 30 to 60 seconds or till softened.) Meanwhile, spray a 3-quart rectangular baking dish with nonstick coating. For each enchilada spoon about ¼ cup of the turkey mixture onto one tortilla; roll up

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this is what Hormel® Pepperoni does for Pizza

Stuffed Crust Pepperoni Pizza

Nothing gets things rolling like a zesty, peppy pizzeria-style pizza made with HORMEL® pepperoni and Pillsbury® Pizza Crust.

- 1 (10 ounce) can Pillsbury Refrigerated Pizza Crust
- 7 pieces string cheese
- 1/2 cup prepared pizza sauce
- 20 slices HORMEL® pepperoni
- 4 ounces (one cup) shredded mozzarella cheese

Heat oven to 425°F. Unroll dough and press into bottom and one inch up sides of greased 13" x 9" pan. Place pieces of string cheese along inside edges of dough. Fold the one inch of dough over and around the cheese; press dough edges to seal. Top the crust with sauce, pepperoni and cheese. Bake for 15 to 18 minutes or until crust is golden brown and cheese is melted. Serves 6.



pep it up!™

Hormel Foods

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Favorites Forever

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Place tortilla, seam side down, in the baking dish. Repeat with remaining filling and tortillas.

For sauce, in a medium mixing bowl combine soup, sour cream, milk, and jalapeño peppers; pour mixture over the enchiladas. Bake, covered, in a 350° oven about 40 minutes or till heated through. Sprinkle enchiladas with shredded cheddar cheese.

Bake enchiladas, uncovered, for 4 to 5 minutes more or till the cheese is melted. Top with snipped cilantro or parsley, tomatoes, and sweet pepper, if desired. Makes 12 enchiladas.

Nutrition facts per enchilada: 272 cal., 10 g total fat (3 g sat. fat), 57 mg chol., 398 mg sodium, 22 g carbo., 1 g fiber, and 22 g pro. Daily Values: 10% vit. A, 1% vit. C, 11% calcium, and 13% iron.

Vegetarian Chili

As the stew simmers, the flavors of the chili powder and beer mellow, making the chili aromatic and satisfying.

- 2 Tbsp. olive oil or cooking oil
- 1½ cups chopped celery
- 1½ cups chopped green sweet pepper
- 1 cup chopped onion
- 3 cloves garlic, minced
- 2 28-oz. cans tomatoes, cut up
- 3 15- to 16-oz. cans beans (kidney, black, northern, pinto, and/or garbanzo), rinsed and drained
- ½ cup raisins
- ¼ cup red wine vinegar
- 3 to 4 tsp. chili powder
- 1 Tbsp. snipped parsley
- 1 tsp. sugar
- 1½ tsp. dried basil, crushed
- 1½ tsp. dried oregano, crushed
- 1½ tsp. ground cumin
- 1 tsp. ground allspice
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. bottled hot pepper sauce
- 1 bay leaf
- 1 12-oz. can beer
- ¾ cup cashew nuts
- 1 cup shredded Swiss, mozzarella, or cheddar cheese (optional)

In a 4- to 6-quart pot heat oil. Add celery, green pepper, onion, and garlic. Cover and cook over medium heat about 10 minutes or till vegetables are tender, stirring occasionally.

Stir in undrained tomatoes, drained beans, raisins, vinegar, chili powder, parsley, sugar, basil, oregano, cumin, allspice, salt, pepper, hot pepper sauce, and bay leaf. Bring to boiling; reduce heat. Simmer, covered, for 1½ hours. Stir in beer. Return to boiling; simmer, uncovered, for 30 minutes more or to desired consistency. Remove bay leaf. Stir in cashews. Sprinkle cheese atop each serving, if desired. Makes about 12 cups (8 main-dish servings).

Nutrition facts per serving: 333 cal., 11 g total fat (2 g sat. fat), 0 mg chol., 960 mg sodium, 52 g carbo., 12 g fiber, 16 g pro. Daily Values: 17% vit. A, 80% vit. C, 12% calcium, and 31% iron.

Greek Croustade

The spinach, feta cheese, and phyllo dough make it Greek; the fact that it's an edible pastry container holding a thick vegetable mixture makes it a "croustade" (pronounced kroo-STAHD).

- 1 10-oz. pkg. frozen chopped spinach
- ¼ cup chopped onion
- 3 Tbsp. butter or margarine
- 3 Tbsp. all-purpose flour
- ¼ tsp. dried tarragon or fennel seed, crushed
- ¼ tsp. pepper
- ¾ cup milk
- 2 beaten eggs
- 1 cup cream-style cottage cheese
- ⅔ cup crumbled feta cheese
- 10 sheets frozen phyllo dough (17x12-inch rectangles), thawed
- ½ cup butter or margarine, melted

Cook the spinach according to the package directions; drain well, pressing out excess liquid. In a medium saucepan cook onion in the 3 tablespoons butter or margarine till tender. Stir in the flour, tarragon, and pepper. Add milk all at once. Cook and stir till mixture is thickened and bubbly. Stir about half of the hot mixture into eggs; return all to saucepan. Stir in cheeses and spinach. Set aside.

Unroll the phyllo dough; remove 1 sheet of phyllo dough at a time. (As you work, cover the remaining phyllo dough with plastic wrap to prevent it from drying out.) Lightly brush the first sheet with some of the ½ cup butter or margarine. Fold phyllo in thirds lengthwise; brush the top with butter.

Place one end of the folded sheet in the center of a 12- or 14-inch pizza pan, extending it over side of pan. Repeat with the remaining phyllo dough and butter; arrange strips spoke-fashion evenly around pan. (The ends of each sheet will overlap in the center and be about 3 inches apart at outer ends.)

Spread the spinach mixture in an 8-inch circle in the center of the pastry. Starting with the last phyllo strip placed in the pan, lift the end of the leaf up and bring it in toward the center of filling. Holding end with both hands, twist end several times; coil and tuck end under to form a rosette. Lay rosette over filling, leaving a 3-inch circle in center (filling should be visible).

Repeat with the remaining phyllo strips in the reverse order in which they were placed in the pan. Drizzle any remaining butter or margarine over all. Bake in 375° oven for 30 to 35 minutes or till golden. Serve warm. Cut into wedges to serve. Makes 10 appetizer servings.

Nutrition facts per serving: 272 cal., 20 g total fat (12 g sat. fat), 96 mg chol., 532 mg sodium, 15 g carbo., 0 g fiber, and 9 g pro. Daily Values: 32% vit. A, 4% vit. C, 13% calcium, and 8% iron.

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WE'RE NOT JUST TALKING *baked beans*

ANYMORE, FOLKS.



e this yummy Italian dish? It's made with canned tomatoes and cannellini beans that were picked, prepared ed fast to keep nutrients inside. In fact, since produce in a steel can is sealed so fast, it stays fresh even weeks and months later. (Try that trick in your crisper.) Is that why the average American eats more than 110 of canned food per year? Could be. Or it could be that recipes with canned ingredients just taste good.

What's in a can will surprise you.

TUSCAN-STYLE PASTA *and* CANNELLINI

cup extra-virgin olive oil
rge garlic cloves
pound sliced curly escarole or *1 small bunch* arugula
n (14-1/2 ounces) pasta-ready diced tomatoes
n (16 ounces) cannellini (white) beans, drained and rinsed
cup dry white wine
cup thinly sliced fresh basil leaves
pound spaghetti, freshly cooked and drained
and freshly ground pepper, *to taste*

To make sauce, heat *oil* in large skillet; add *garlic* and cook over medium-low heat 1 minute. Add *escarole* or *arugula*; stir occasionally until wilted, about 2 minutes (1 minute for *arugula*). Add undrained *tomatoes, beans* and *wine*. Simmer 5 minutes, stirring occasionally. Stir in *basil* and simmer 1 minute. Toss sauce with hot *spaghetti*. Season with *salt* and *pepper* and toss again. Serves *4*.

Nutrition Information Per Serving:
617 calories; *16 g* fat; *0 mg* cholesterol; *509 mg* sodium; *95 g* carbohydrate; *4 g* fiber; *20 g* protein

STEEL PACKAGING COUNCIL. AMERICAN IRON AND STEEL INSTITUTE.

Favorites Forever

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Up-and-Down Biscuits

To eat these fun biscuits, peel away one of the up-and-down layers, which are generously spiced with cinnamon.

- 2 cups all-purpose flour
- 3 Tbsp. sugar
- 4 tsp. baking powder
- ½ tsp. cream of tartar
- ½ tsp. salt
- ½ cup shortening
- ⅔ cup milk
- ¼ cup margarine or butter, melted
- ¼ cup sugar
- 2 to 3 tsp. ground cinnamon

In a bowl stir together flour, 3 tablespoons sugar, baking powder, cream of tartar, and salt. Cut in shortening till mixture resembles coarse crumbs. Make a well in the center; add milk all at once. Stir just till dough clings together.

On a lightly floured surface, knead dough gently for 10 to 12 strokes. Divide dough in half. Roll one half of dough to a 12x10-inch rectangle. Brush with half of the melted margarine or butter. Combine the ¼ cup sugar and cinnamon; sprinkle half over dough. Cut rectangle into five 12x2-inch strips. Stack the 5 strips on top of one another. Cut into six 2-inch squares. Place squares, cut side down, in greased muffin cups. Repeat with remaining dough, margarine, and sugar mixture.

Bake in a 450° oven for 10 to 12 minutes or till golden. Serve warm. Makes 12.

Nutrition facts per biscuit: 216 cal., 13 g total fat (3 g sat. fat), 1 mg chol., 262 mg sodium, 23 g carbo., 1 g fiber, and 2 g pro. Daily Values: 5% vit. A, 0% vit. C, 11% calcium, and 8% iron.

Pumpkin Pecan Pie

When you can't decide between pumpkin or pecan for your holiday pie, this delicious recipe comes to your rescue.

- 1 recipe Pastry for Single-Crust Pie
- 3 slightly beaten eggs
- 1 15-oz. can pumpkin
- ¾ cup sugar
- ½ cup dark corn syrup
- 1 tsp. vanilla
- ¾ tsp. ground cinnamon
- 1 cup chopped pecans
- Whipped cream (optional)
- Ground cinnamon (optional)

Prepare Pastry for Single-Crust Pie. On a lightly floured surface roll out dough to a 12-inch circle. Transfer pastry to a 9-inch pie plate. Ease pastry into plate, being careful not to stretch it. Trim pastry edge and crimp.

For filling, in a mixing bowl combine eggs, pumpkin, sugar, corn syrup, vanilla, and the ¾ teaspoon cinnamon; mix well. Place the pastry-lined pie plate on the oven rack. Carefully pour filling into pastry shell. Sprinkle with pecans.

Bake in 350° oven for 50 to 55 minutes or till knife inserted near center of pie comes out clean. Cool on a wire rack. Serve with whipped cream sprinkled with ground cinnamon, if desired. Makes 8 servings.

Pastry for Single-Crust Pie: In a bowl stir together 1¼ cups all-purpose flour and ¼ teaspoon salt. Using a pastry blender cut in ⅓ cup shortening till pieces are pea-size. Using 4 to 5 tablespoons cold water total, sprinkle water, 1 tablespoon at a time, over flour and toss with a fork till all the dough is moistened. Shape dough into a ball.

Nutrition facts per serving: 412 cal., 20 g total fat (4 g sat. fat), 80 mg chol., 109 mg sodium, 55 g carbo., 3 g fiber, and 6 g pro. Daily Values: 120% vit. A, 4% vit. C, 3% calcium, and 20% iron.

Coq au Vin Rosettes

The classic Coq au Vin (kohk-oh-VAHN) is a French stew of chicken, mushrooms, onion, and herbs cooked with wine. This elegant recipe wraps all of those flavors into a creamy pasta dish.

- 8 medium skinless, boneless chicken breast halves (2 lb.)
- 1 medium onion, chopped (½ cup)
- 8 oz. mushrooms, sliced (3 cups)
- 2 Tbsp. margarine or butter
- ¾ cup dry white wine
- ½ tsp. dried tarragon, crushed
- ½ tsp. white pepper
- ⅛ tsp. salt
- 8 lasagna noodles, cooked and drained
- 1 8-oz. pkg. cream cheese, cut up
- ½ cup dairy sour cream
- 2 Tbsp. all-purpose flour
- ½ cup half-and-half, light cream, or milk
- 1 cup shredded Gruyère cheese (4 oz.)
- 1 cup shredded Muenster cheese (4 oz.)
- 1 whole almond (optional)*
- 3 Tbsp. slivered almonds, toasted (optional)
- Snipped parsley or tarragon (optional)

Cut chicken breasts into 1-inch pieces. In a large skillet cook onion and mushrooms in margarine or butter over medium-high heat for 4 to 5 minutes or till tender, stirring occasionally. Add chicken, wine, dried tarragon, pepper, and salt. Bring just to boiling; reduce heat. Cover and simmer for 5 minutes, stirring once. Remove from heat.

Meanwhile, halve lasagna noodles lengthwise. Curl each into a 2½-inch diameter ring and place, cut side down, in a 3-quart rectangular baking dish. Using a slotted spoon, spoon chicken-mushroom mixture into center of lasagna rings, reserving liquid in skillet. Add cream cheese to reserved liquid; heat and stir just till melted. Stir together the sour cream and flour; blend in half-and-half or milk. Add sour cream mixture and cheese to skillet. Cook and stir over medium heat till thickened and bubbly. Spoon sauce over lasagna rings. Insert a whole almond in one of the rings, if desired.

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Hormel® Chili.
Out of the bowl, it's out of control!

In a dinner dilemma? Use your noodle!
Pump up that pasta with picante sauce, green chilies and Spicy HORMEL® Chili.



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Hormel Foods

Creative cooking starts here.™



Shrimp Pesto Pizza

Preparation time: 10 minutes; Baking time: 10 minutes

1.5 cup prepared pesto
1 Italian bread shell (16oz., 12-inch)
2 cups (8 oz.) *Sargento® 6 Cheese Italian Recipe Blend*, divided
8 ounces cooked shrimp
1/2 cup coarsely chopped softened sun-dried tomatoes
1/4 cup minced green onion
1/4 teaspoon crushed red pepper flakes

1. Place bread shell on baking sheet; spread evenly with pesto. Sprinkle with half of cheese; top with shrimp and tomatoes. Top with remaining cheese; sprinkle with onion and crushed red pepper.
2. Bake at 450°F 10 minutes or until cheese is melted.

6 servings

SARGENTO
Imagine What You Can Create™

Favorites Forever

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Sprinkle top with slivered almonds, if desired. Bake, covered, in a 325° oven for 35 minutes or till heated through. Spoon sauce over lasagna rings when served. Garnish with snipped parsley or tarragon. Makes 8 main-dish servings.

Nutrition facts per serving: 517 cal., 30 g total fat (16 g sat. fat), 132 mg chol., 358 mg sodium, 21 g carbo., 1 g fiber, and 36 g pro. Daily Values: 31% vit. A, 3% vit. C, 26% calcium, and 17% iron.

**Note:* The lucky diner who finds the whole almond is blessed with good luck, according to folklore.

Pork Chop Barbecue

Remember this satisfying dinner, served with home fries and green beans, for a soothing supper on a wintry night. Be careful not to overbake the chops so they stay moist and tender.

½ cup water
3 Tbsp. vinegar
2 Tbsp. sugar
1 Tbsp. prepared mustard
¼ tsp. salt
¼ to ½ tsp. black pepper
⅛ tsp. ground red pepper
1 lemon slice
1 medium onion, cut into thin wedges
½ cup catsup
2 Tbsp. Worcestershire sauce
1 tsp. liquid smoke
6 rib pork chops, cut ¾ inch thick
1 to 2 Tbsp. cooking oil

In a small saucepan combine the water, vinegar, sugar, mustard, salt, black pepper, and red pepper. Add the lemon slice and onion. Bring mixture to boiling; reduce heat. Simmer, uncovered, for 20 minutes. Add the catsup, Worcestershire sauce, and liquid smoke. Bring to boiling. Remove from heat; remove lemon slice.

In a large skillet brown pork chops, half at a time, in hot oil over medium-high heat. Place chops in a 3-quart rectangular baking dish; pour sauce over. Bake, uncovered, in a 350° oven for 25 to 30 minutes or till pork chops are slightly pink in center and juices run clear, turning chops once. Remove chops to serving platter. Pour sauce over all. Makes 6 servings.

Nutrition facts per serving: 190 cal., 10 g total fat (3 g sat. fat), 44 mg chol., 475 mg sodium, 13 g carbo., 1 g fiber, and 14 g pro. Daily Values: 2% vit. A, 24% vit. C, 1% calcium, and 6% iron.

Winter Fruit Bowl

A sweet-tart combo that adds a colorful accent to any meal.

3 medium grapefruit
½ cup sugar
½ cup orange marmalade
2 cups fresh cranberries (8 oz.)
3 medium bananas
Fresh mint sprig (optional)

To section grapefruit, cut off the ends of the grapefruit, then use a long, thin-bladed knife to cut out the core. Resting one end of the grapefruit on a cutting board, cut off the peel in strips. Peel the grapefruit apart and simply lift or pull each segment off the membrane, working over a bowl to catch juices.

Set grapefruit sections aside (should have about 3 cups). Add enough water to the reserved grapefruit juice to measure 1 cup. In a medium saucepan combine the 1 cup grapefruit juice, sugar, and marmalade. Bring to boiling, stirring to dissolve sugar; reduce heat. Add cranberries; cook and stir for 5 to 8 minutes or till skins pop. Remove from heat; cool. Add grapefruit sections. Cover and chill.

Just before serving, slice the bananas and stir into chilled grapefruit mixture. Garnish with fresh mint, if desired. Makes about 6½ cups (10 servings).

continued on page 130

(Hōme • māde • ēasy)*



HIDDEN VALLEY® BACON & CHEDDAR DIP

1. Mix 1 oz. packet Original Ranch® Party Dip with 1 pint sour cream.
2. Add 1/4 cup bacon bits and 1 cup shredded cheddar cheese.
3. Mix together and serve.



*Adj. Made at home, as easy as 1-2-3.

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Win Money

Your original recipe could be worth up to $400 and may net you a kitchen full of new appliances. Send your recipes that have never before been published to our Prize Tested Recipes Contest featuring two new categories each month. Seven months later, we'll publish the four top recipes on the Prize Tested Recipes pages.

One Annual Grand Prize:
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Monthly Prizes:
Two $400 winners, Two $200 winners, Ten $50 honor rolls

Hints for this month's categories

Barbecued Ribs and Chops: Stir up your secret sauce, light up the coals, and get ready for some down-home finger-lickin' barbecue. Now's the time to test your grilled beef, pork, or lamb finesse with our judges.

Custard and Cream Pies: Banana cream, coconut, lemon chess or topped with billowy meringue, whipped cream, or other toppings. Send in your tempting version.

This month's winners—pages 137 and 138

All winners received a Tupperware Stack Cooker Set.

$200 Winners: Amy Loucks, Cambridge, Mass.; Joanne Spencer, Brookfield, Conn.

$100 Winners: Lisa D. Gillett, Aurora, Colo.; Kelli Whiting, Indianapolis, Ind.

Honor Roll Winners: Janine Buckner, Cave Creek, Ariz.; Mary Losoncy, Tulsa, Okla.; Paula Marchesi, Rocky Point, L.I., N.Y.; Mrs. J. B. Michael Jr., Palm Beach Gardens, Fla.; Jerri Moore, Atlanta, Ga.; Vivienne Raives, Cambria, Calif.

Contest Rules: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "August Barbecued Ribs and Chops" or "August Custard and Cream Pies." Specify brands and recipe origin. 3. Address recipes to 9708 Food Department, *Better Homes and Gardens,* Des Moines, IA 50309-3023. 4. Entries must be postmarked by January 25, 1997, and received by January 31, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1997 top winners on or about January 5, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes, please. They will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Prize Tested Recipes® Contest

Grand Prize Winner

If Sharon Davidson had her way, she'd start every meal with dessert.

"I have a sweet tooth and so does the rest of my family," said Sharon, of Reno, Nevada.

Her love of baking helped her create the Brandied Cranberry-Apricot Bars that won the September 1996 Prize Tested Recipes® contest in the Best-Ever Bar Cookies category and earned our first annual Grand Prize.

To learn how to enter our monthly recipe contest, see above.



Brandied Cranberry-Apricot Bars

In a saucepan place ⅓ cup golden raisins, ⅓ cup dark raisins, ⅓ cup dried cranberries, ⅓ cup snipped dried apricots, and ⅓ cup brandy or water. Bring to boil. Remove from heat. Let stand 20 minutes. Drain.

In a medium mixing bowl stir together 1 cup all-purpose flour and ⅓ cup packed brown sugar. Cut in ⅓ cup softened margarine or butter till mixture resembles coarse crumbs. Press into an ungreased 8x8x2-inch baking pan. Bake in a 350° oven about 20 minutes or till golden.

In a medium mixing bowl beat 2 eggs on low speed of an electric mixer for 4 minutes; stir in 1 cup packed brown sugar, ⅓ cup all-purpose flour, and 1 teaspoon vanilla till combined. Stir in drained fruit and ⅓ cup chopped pecans. Pour fruit mixture over crust; spread evenly.

Bake 40 minutes or till a toothpick inserted near the center comes out clean, covering with foil the last 10 minutes to prevent overbrowning. Cool in pan on wire rack. Sift powdered sugar over top. To serve, cut in bars. Makes 16 bars.

Nutrition facts per bar cookie: 221 cal., 8 g total fat (4 g sat. fat), 42 mg chol., 72 mg sodium, 32 g carbo., 1 g fiber, 2 g pro. Daily Values: 8% vit. A, 0% vit. C, 2% calcium, 8% iron. ♦

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Bertolli Risotto e Gamberetti Risola

2 Tbsp. Bertolli Classico Olive Oil
2 Tbsp. [illegible] red onion
[illegible] 4 cups [illegible] or domestic medium [illegible]
3 cups dry white wine
4 to 5 cups [illegible] chicken broth, kept hot over low heat
12 oz. shrimp, shelled and deveined
1 cup peas
1 tsp. julienne lemon rind
1 Tbsp. fresh lemon juice
1/2 tsp. salt, or more to taste
Freshly ground black pepper, to taste
Finely chopped fresh basil or Italian parsley

1. Heat 1 Tbsp. of Bertolli Olive Oil in a large saucepan over low heat. Add onion. Cook, [illegible] translucent. Stir in rice and coat with the oil.
2. Add wine, increase heat and stir over high heat until almost evaporated. Stir in 1 cup of the chicken broth; stirring, until broth is absorbed. Continue adding broth, about 1/2 cup at a time, stirring constantly. Each portion should be absorbed before adding the next. With last 1/2 cup broth, add shrimp, peas, lemon. Cook, uncovered, stirring constantly, until broth is absorbed and rice is tender to the bite, the dish is moist and creamy, and shrimp are cooked through, 5 to 8 min. Add remaining 1 Tbsp. Bertolli Olive Oil [illegible] salt and black pepper, to taste.
3. Arrange [illegible] on plate and garnish with fresh parsley and/or basil. Serves 4.

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The New Food Garden

If you are interested in duplicating the edible landscapes presented in our gardening feature on *pages 75–83*, we have made special arrangements with specialty growers, seed suppliers, and nurseries to offer you the opportunity to purchase the items you'll need to get started.

Our **Culinary Herbs Plant Collection** ($39.95) includes one each of five plants not readily available to the home gardener. The package includes: Rosemary Girardus, Variegated Woodcote Sage, Orange Balsam Thyme, Italian Oregano, and Lemongrass. Plants are from 3 to 5 inches high at shipment. *Quantities are limited.* Shipments will be made at the proper time for your zone (approximately March 1 to May 31, 1997). *Please note: We cannot ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.* Grown at Papa Geno's Herb Garden.

Our **Alpine Strawberries Collection** ($24.95) includes three of a newly developed variety. Producing plump and creamy little *white* berries, the plants are very rugged and tolerate extremes of cold and heat. About 2 to 3 inches high at shipment, the plants produce runners so your supply will multiply. *Quantities are limited.* Shipments will be made at the proper time for your zone (approximately February 15 to May 1, 1997). *Please note: We cannot ship to California, Alaska, Hawaii, Canada, Mexico, or Puerto Rico.* Grown *exclusively* at Papa Geno's Herb Garden.

Our **Herb Seed Collection** ($19.95) contains one packet each of: garlic chives, French chervil, French chives, true Greek oregano, Italian flat leaf parsley, arugula, and summer savory. Our **Spring Salad Garden Seed Collection** ($19.95) contains one packet each of: Bolero Nantes carrot, Ruby Red chard, Tom Thumb baby bibb lettuce, Promasa savoy cabbage, Mei Qing Choi baby bok choy, Merveille de Quatre Saisons lettuce, Italian Summer spinach, Green Lance Gailon Chinese broccoli. Our **Summer Vegetable Garden Seed Collection** ($19.95) contains one packet each of: Sungold cherry tomato, Quadrato d'Oro golden bell pepper, Asian Bride eggplant, Clarimore Lebanese zucchini, Super Chile chile pepper, and Scarlet Bees dwarf runner bean. Seed collections are available by special arrangement with Shepherd's Garden Seeds.

Our Kiwi Package ($31.95) includes one male vine and one female vine (for proper pollination). The bareroot plants are 1 to 2 feet high at shipment; they bear fruit in 5 to 7 years. This kiwi is a vigorous northern variety proven hardy to 25° below zero; it's smaller and sweeter than regular kiwi and has no fuzz. Shipments will be made at the proper time for your zone (approximately March 15 to June 15, 1997). *Please note: We cannot ship to California, Alaska, Hawaii, Canada, Mexico, or Puerto Rico.* From Miller Nurseries.

Our **Disease-Resistant Apple Tree Package** ($38.95) includes one each of Liberty and MacFree (for proper pollination). Liberty produces a deep red apple with a very flavorful crispy-crunchy flesh; MacFree has the aromatic and tangy flesh of its parent McIntosh. Both bareroot trees are 3½ to 5 feet tall at shipment and will bear fruit in 2 to 3 years. The trees are semi-dwarf, "no ladder" varieties that mature to about 10 feet high. (Pruning and picking can usually be done while standing on the ground.) Shipments will be made at the proper time for your zone (approximately March 15 to June 15, 1997). *Please note: We cannot ship to California, Alaska, Hawaii, Canada, Mexico, or Puerto Rico.* From Miller Nurseries.

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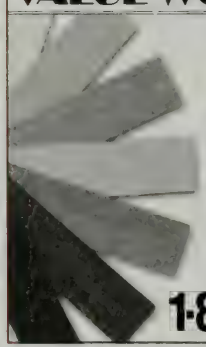
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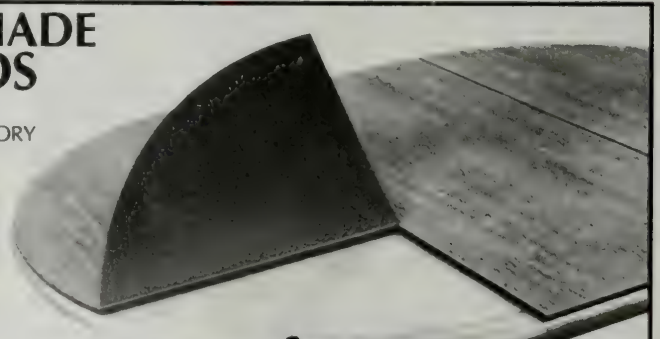
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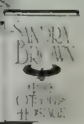
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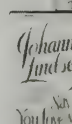
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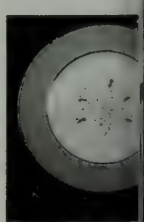
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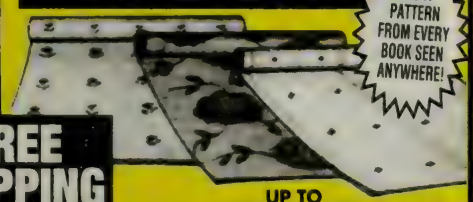


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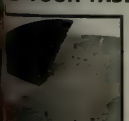


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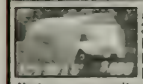
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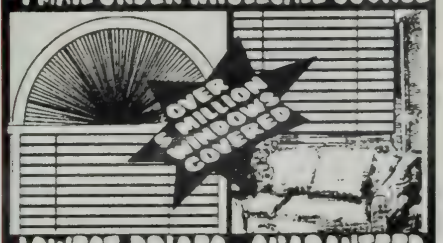
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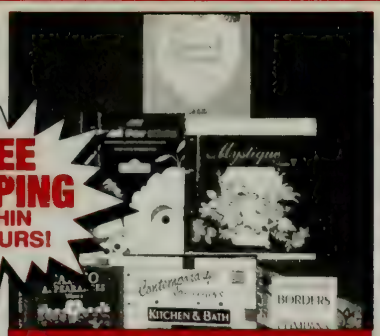
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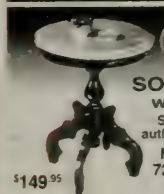
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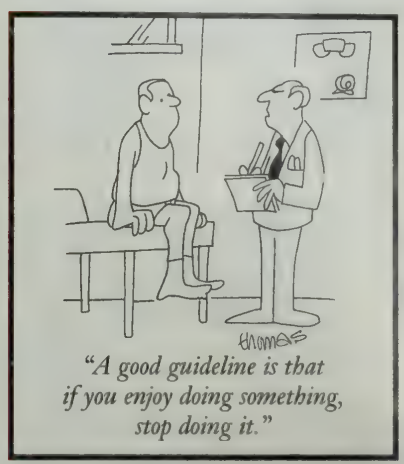
Elaine Cowan says her social life is a lot like her VCR—it's difficult to set and likely to die when her power goes out.

Grandpa Hillis says he's not opposed to all change. "Remember the aluminum ice-cube trays with the lever you had to pull to get the ice out? I don't miss those one bit!"

Not one to be outdone by Hollywood, Ned Carter says he'd like to beat the living daylights out of whoever is responsible for putting all the violent programs on TV.

Our daughter Rosemary is home from college enjoying her holiday break. The much-needed free time, she says, reminds her of coasting down a long, steep hill on her bicycle after having struggled to pedal up it.

The other day, Grandma Hillis summed up what may be the ultimate paradox of modern life: "The more channels there are, the less there is to watch."



"A good guideline is that if you enjoy doing something, stop doing it."



"The teacher said I should learn to think for myself. I think I'll stay home tomorrow."

Weather is one of our country's favorite topics, says neighbor Sue Hawkins. "It affects us all and no one can do anything to change it."

Over the years she has been selling real estate, Christine has noticed that nothing improves the charm of an old house quite as quickly as a remodeling estimate.

Dr. Bob Hannelly advises new moms that it's not unusual for children to be afraid of the dark, saying that most grow out of it. "Before you know it," he says, "they'll be begging you to let them stay out in it."

Burt Jr. claims he has difficulty with the term "the right to privacy" when the high school keeps mailing home his report card.

Just when Lee Bayless thinks he is moving into a real leadership position at work, he says, some young upstart comes along and acts like a pigeon searching for a place to roost.

Our Judy says visiting her grandparents (my parents) is a real educational experience because she learns about all the trouble I got into.

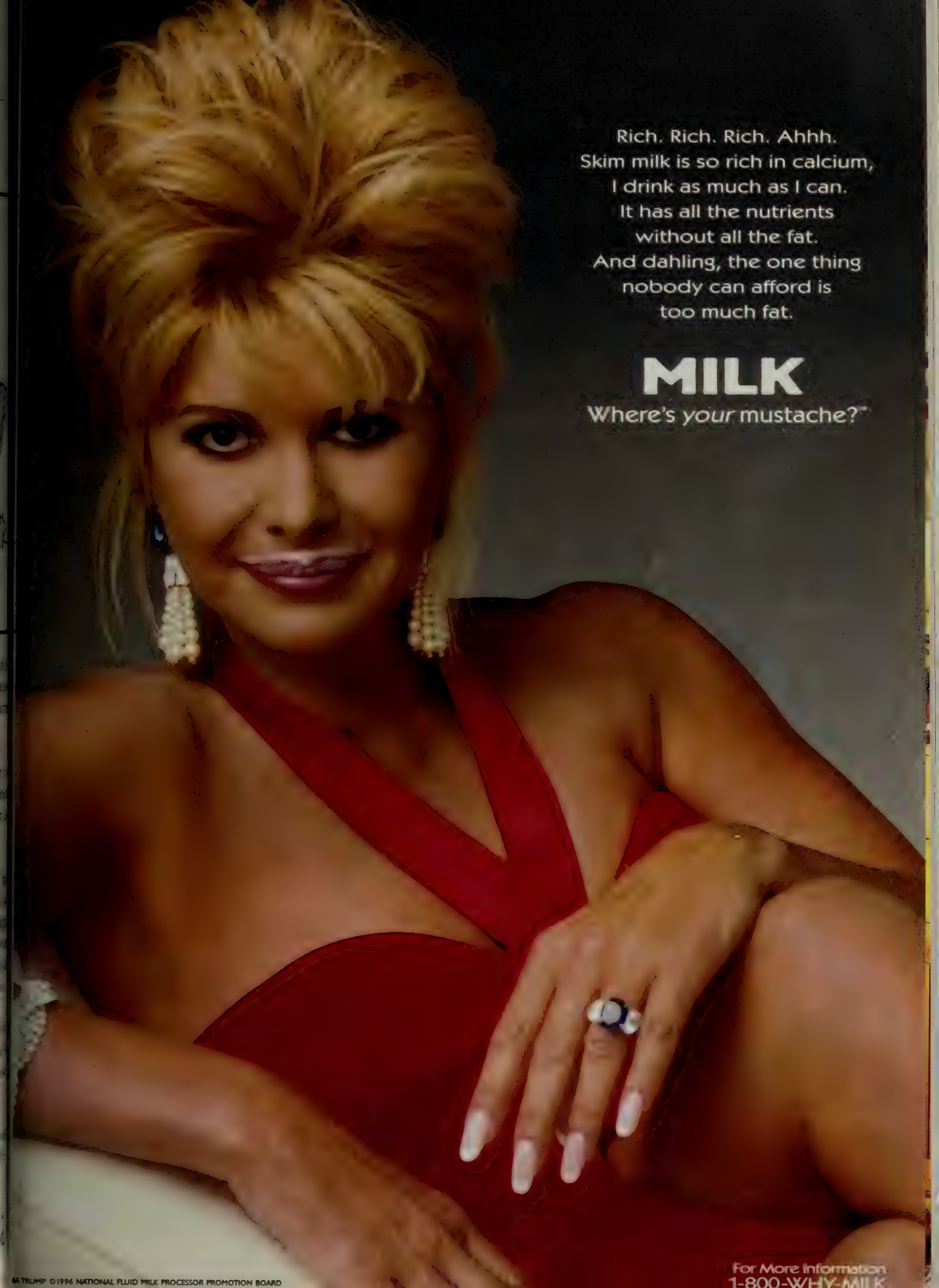
"Figuring out the right thing to do," the Rev. George Hall declared last Sunday, "isn't half as difficult as actually doing it."

New father Joe Biggs claims he hasn't yet begun to worry about how he'll put his twin daughters through college. He's still trying to figure out how to pay for the video camera and all the tapes he and his wife bought.

While Bill Norman says he really has no complaints about wife Isabel's cooking, he still refers to their house as the Casserole Castle.

I've never met a cat that didn't see a door it didn't want to be on the other side of.

Burton Hillis



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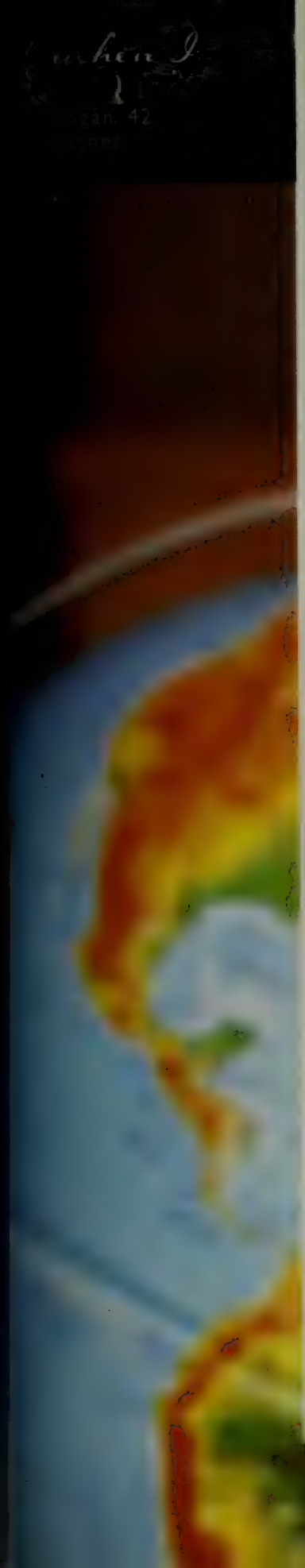
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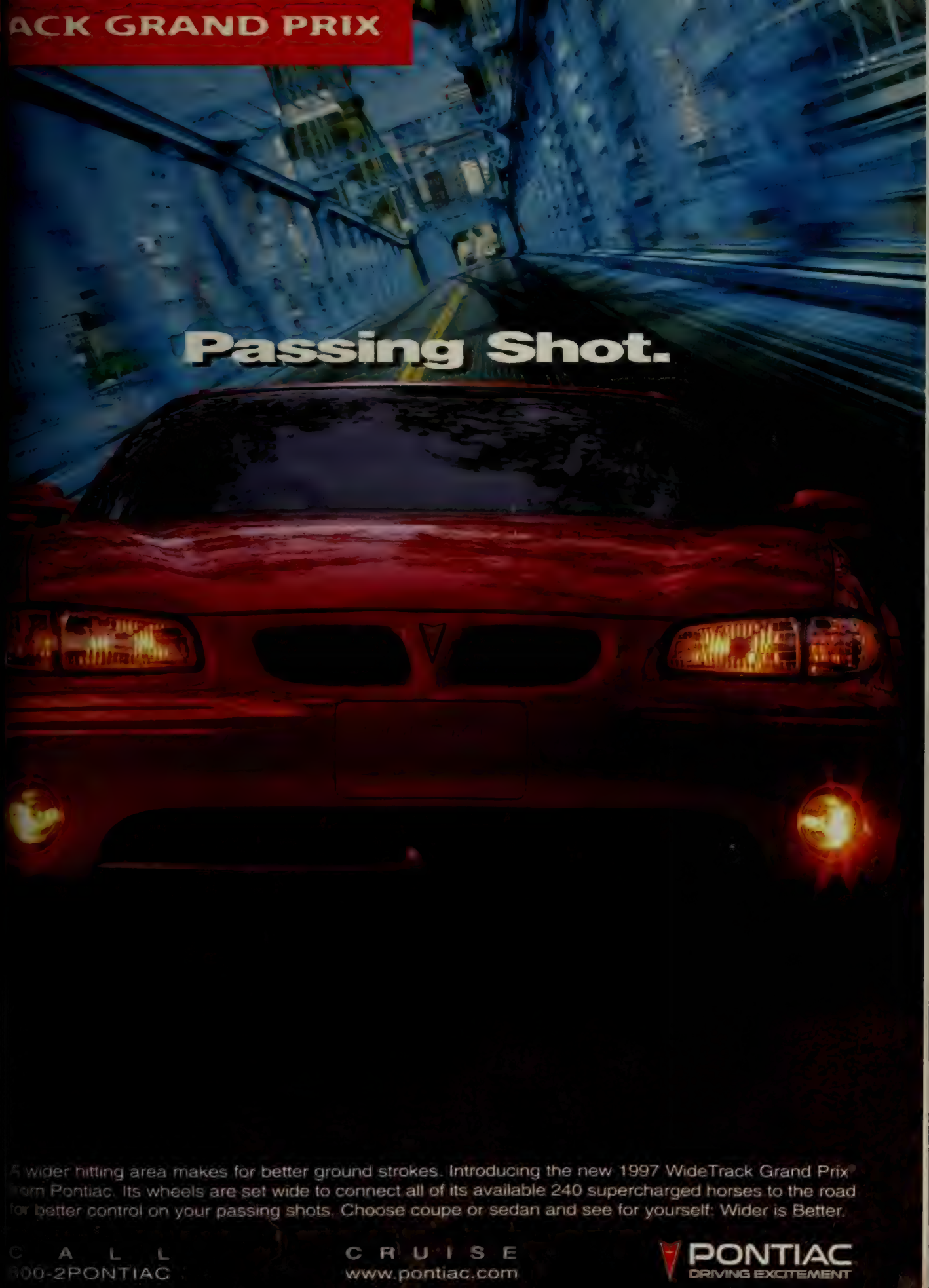
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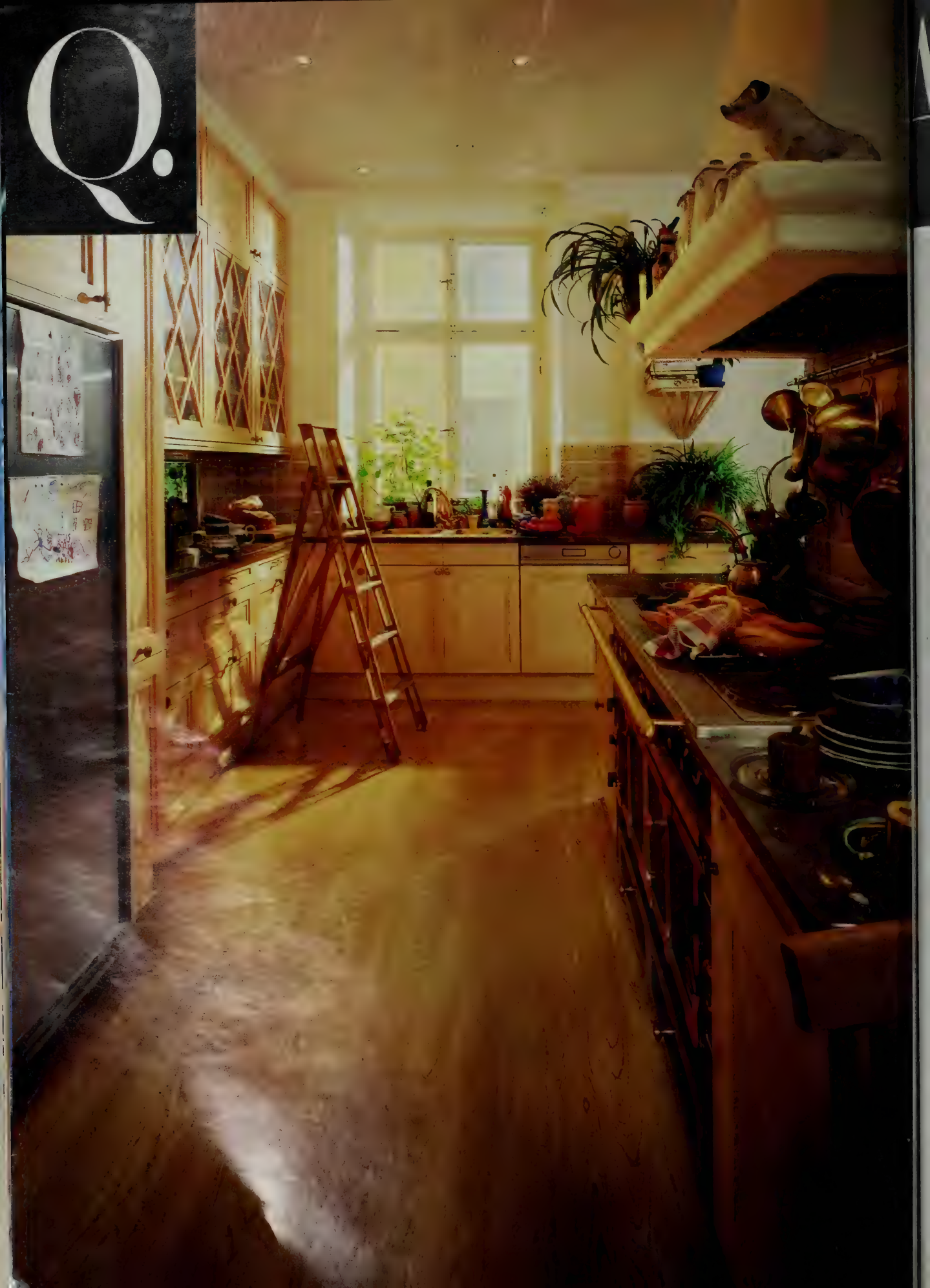


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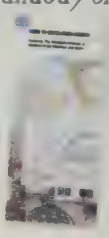
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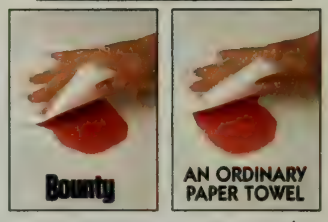
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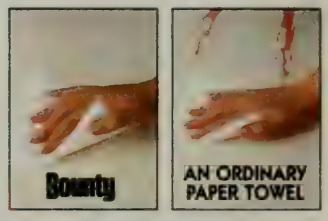
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World War II is simply a chapter in history books. To those of us slightly older, who were children at the time, that war was something very real and frightening. Every night I prayed that my uncles in the South Pacific would be safe... and that our house wouldn't be bombed (a remote possibility in northern Minnesota, but, as a child, I didn't know that). War changes lives. And magazines.

After years of helping American families through those war years of rationing and separation, *Better Homes and Gardens*® editors, in the spring of 1944, sensed the war was winding down. Families would be reunited. And, maybe, that formal living room in the front of the house wasn't the place to get reacquainted. So our editors designed the first family room—an informal spot in the back of the house, near the kitchen, where the family could work, play, or just be together.

Well, you know what's happened to the family room since. Nearly every home has one. But the '90s version isn't like those of the 1940s.

The other night I was invited to the home of Sandy and Tim Alexander (*page 116*) for a visit and a cup of coffee in their brand-new family room. It was then I realized how far we've come. There's a computer workstation, plus places for entertaining and all the comfort any family could want. It's a great *BH&G* idea grown even better.

If you're into comfort, too, find out how you can win a La-Z-Boy chair for *your* family room (see *page 94*).

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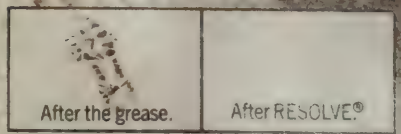
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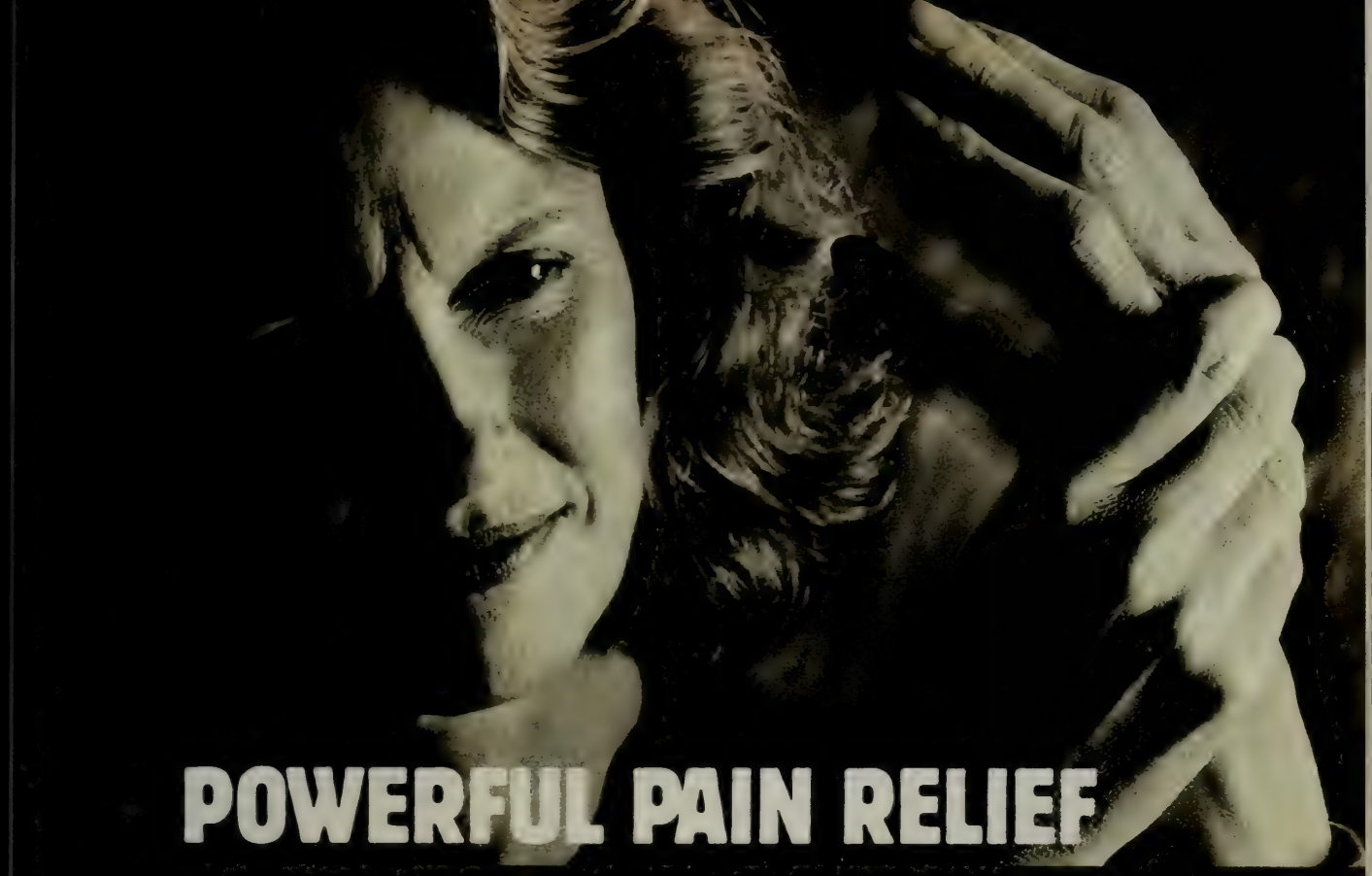
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Family-Tree Game

My husband and I have large extended families, and our daughters, ages 8 and 10, were often confused about who's related to whom and how. Now, we play "The Family-Tree Game" on car trips to family events. The kids take turns answering questions such as "What is Grandma Marge's maiden name?" and "Who is cousin Emily's sister?" We change the questions to fit the side of the family we're visiting and tailor them to each child's ability. It's fun, and the girls are learning more about their families.

Joanne R. Levine
Reston, Va.

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We enjoy attending cultural events and visiting museums. To help us stay within our budget, we volunteer as ushers and ticket collectors or do whatever the organization needs. In exchange, we receive free or reduced admission to events and museums, and have made many new friends.

MaryAnn Haefner
Apalachin, N.Y.

Cabin Fever Remedy

After years of living in parts of the country with long, messy winters, my family's discovered a solution to cabin fever. Tired of being cooped up with my overly active boys, I bought a swing and a trapeze. My husband hung them from a rafter in the garage using heavy-duty bolts and eyes. An old mattress serves as a "safety net." Now the kids have a place to work off their energy during winter, and I can keep my sanity.

Joan Miller
Redmond, Wash.

Young Artist Develops Business Skills

To help my daughter earn a little spending money, I offered to buy handmade greeting cards from her. She prices them anywhere from 25 cents to a dollar, depending on the work involved and how nice they look. She tailors her handiwork to the recipients' interests. She's learning to use her skills productively and meet deadlines, and we're buying greeting cards at a bargain price.

Diane Dassow
Lombard, Ill.

Biography Helps Teachers Appreciate Daughter

When my daughter was having some adjustment problems in elementary school, I wrote a short biographical sketch about her temperament and learning style for her teacher, who then was able to relate to my daughter in a more personal way and focus on her learning strengths. I share this information with her teachers every year now. As a result, my daughter has continually gained confidence in her abilities.

M. Long
Spartanburg, S.C.

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Romantic Bed Canopies

Surround yourself with lush color and lively pattern in a bed that's draped from head to toe in beautiful linens. Swing-arm rods, colorful sheets, architectural elements, and simple tension rods create canopies that are just right for dreaming. Here, a trio of prints combine to form this ruffled header.



The canopy box is constructed from 1×6 lumber and mounted with screws or hollow-wall anchors. Tension rods eliminate the need for hanging hardware.

Molded into Shape

Although this theatrical-style canopy looks complicated, it's really quite simple. To make it, box in a small section of ceiling with 1×6 lumber, then hang mix-and-match fabrics from the inside of the compartment using tension rods.

The molding box measures 18 inches deep by the width of the bed plus two inches. Adding this extra width to the canopy gives the illusion that the head of the bed is encased in fabric. Four tension rods, each hung at a slightly different height, hold the canopy curtains in place. (See photo, *inset above.*) The curtains consist of two side panels with a ruffle attached, a back panel, and a ruffled front valance.

By combining three complementary prints—here a check, a toile, and a floral pattern—you can create an even greater sense of depth and dimension. Alternating light and dark backgrounds will keep the fabric trio visually balanced.

Complete instructions, page 27
continued on page 20



There are two ways to determine where to attach corner brackets to the ceiling: You can take measurements on the ceiling or drop a plumb bob to a mark on the floor.



Got 'em Cornered

Chintz and checks wrap each corner of this bed in a very clever fashion. Ready-made architectural brackets attached to the ceiling hold the fabric in place.

The same type of Victorian bracket that decorates the corner of a doorway or suspends a shelf becomes the corners of these curtains. After painting the brackets to match the fabric, fasten them to the ceiling with screws, as described on *page 27*. Then simply attach the fabric using hook-and-loop tape or a hot-glue gun.

To cut the fabric panels, first measure the total outside length of each bracket. Use this measurement plus one inch for seam allowance as the width. For the length, measure the distance from the floor to the ceiling. Add one inch so that panels will puddle on the floor and one inch for hem. Cut four pieces from the first fabric to this size. Then cut four more panels from a contrasting fabric. Sew the panels as described on *page 27*.

To fasten the curtains to the brackets, staple the hook side of hook-and-loop tape to the outer edges of the brackets and sew the loop side to the top of the curtains. Press the curtains to the brackets. If the curtains will not need to be laundered, you can hot-glue them to the brackets instead.

Complete instructions, page 27
continued on page 22

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Swing rods have two side arms that pivot and a stationary back rod. Use the top of a window or door to determine a pleasing height for mounting the hardware.



In the Swing

Pivoting rods mounted above the bed make this campaign-style canopy a snap to construct. Coordinating fabrics offer subtle variations on a jazzy striped theme.

Look closely and you'll see two slightly different but coordinating patterns in these bed panels—a regular stripe on the inside and a variegated one outside.

For the side panels, measure the length of the swing rod and the distance from the rod to the floor, adding several inches to each measurement to allow for seams, gathers, and a hem. Cut two pieces from each fabric to this measurement. For back panels, measure half the wall rod's length by the distance from the rod to the floor, again allowing for seams, gathers, and a hem. Cut two pieces from each fabric.

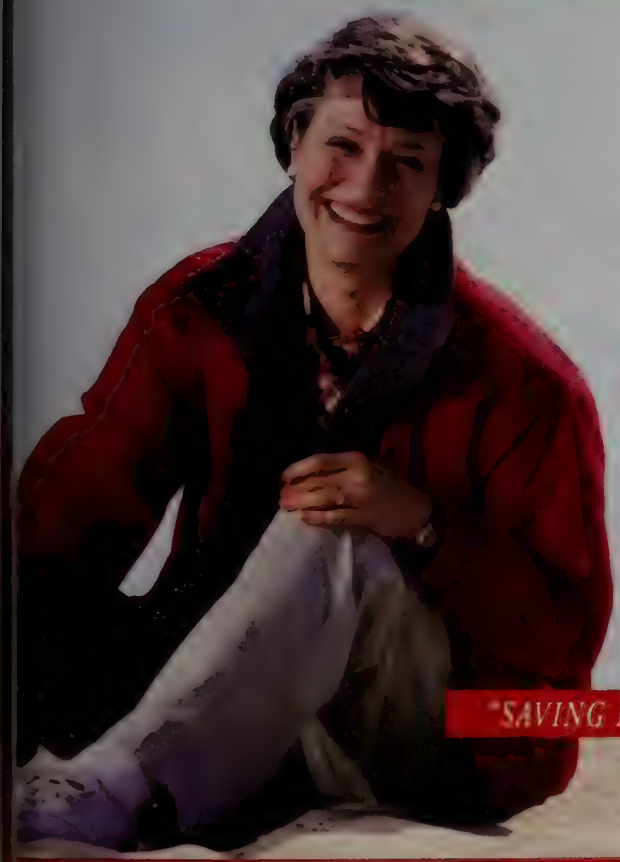
Cut 12 ties, each measuring 2×16 inches. Fold the ties in half lengthwise, right sides together. Sew across one short end and down the long side. Turn the ties and press. Pin three ties to the top of each inner panel, raw edges and right sides together. The ties should be evenly spaced, with the outer ties ½ inch from outer edges of panel.

Sew panels together as described on *page 27*. Tie a panel to each swing rod and two to the wall rod.

continued on page 24

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Using an eye screw and cup hook, hang one rod at the wall and the other 2½ feet from it. Swag fabric, making sure seam falls at joint of wall and ceiling. Staple to rods.

Ceiling of Approval

A lavish floral pattern covers this room top to bottom, from the canopy that hangs on curtain rods to the dust ruffle. Coordinated sheets take the worry out of choosing fabrics.

Start with two sets of sheets the same size as your bed. For this project, we chose a set with an overall floral pattern and a solid top sheet with a contrasting hem that matches the floral.

For the swagged portion, measure the width of the bed plus 1 inch for seam allowances by 49 inches for the length. Cut one panel each from the floral and solid sheet, making sure the patterned border on the solid sheet falls at the front edge of the canopy. Cut panels for the wall portion of the canopy the same width as the swag by the distance from the ceiling to the floor. Sew together short ends of floral sheet sections to form one long panel; sew solid sheet panels the same way. Join these into a double-faced panel according to the instructions on *page 27*.

Wooden drapery rods should measure two inches wider than the fabric panel, or 59 inches for a double bed, minus the finials. Mount with cup hooks.

Buying information, page 93

continued on page 27



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Romantic Bed Canopies

continued from page 24

General Instructions

All canopies shown on *pages 19–24* use some form of a double-faced panel. Unless otherwise stated, seams are ½ inch wide.

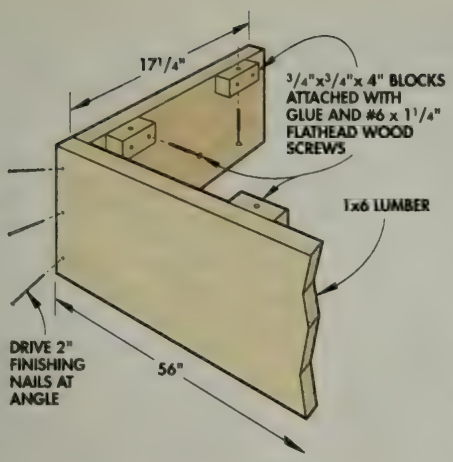
To make panels, cut fabric according to measurements provided with each project. Lay both lengths of fabric with edges even and right sides facing. Pin together. Sew all four sides, leaving several inches open at the bottom for turning. (For projects that require a rod opening, sew the top edge together first. Then start the side seams 1 inch from the top seam.) Clip seams diagonally across the corners to make turning easier. Turn fabric. Press. Slip-stitch opening closed.

For standard hems, turn the edge to the wrong side ½ inch. Turn under ½ inch again. Sew along first folded edge, making a ½-inch hem.

Molded into Shape, page 19

Build the cornice from 1×6 lumber to 18×56 inches for a standard double bed as shown in the illustration. For other sizes, cut the front board 2 inches longer than the bed's width. Assemble with glue and 2-inch finishing nails driven at an angle for strength. Countersink the nails, and fill the holes with wood putty. Next, cut ¾×¾×4-inch mounting blocks, and drill them for mounting screws or hollow-wall anchors. Then use glue and #6×1¼-inch flathead wood screws to attach the blocks along the top inside edge of the cornice. Sand the assembly, then prime and paint.

Recruit a helper or two to hold the cornice against the ceiling while you drive the mounting screws or hollow-wall anchors. If your ceiling is not flat, there may be gaps at the top edge of the cornice. If so, miter some quarter-round molding, and nail it to the cornice. Place the tension rods



in the box, one on each side and slightly offset so they fit snugly.

To make curtains, cut one toile panel and one floral panel for each side and one of each for the back. Use the following measure: 2–3 times the length of the corresponding tension rod by the distance from the top of the rods to the floor plus ½ inch. Sew the back double-faced panel and casing according to the general instructions. Assemble the side panels in the same manner but eliminate the casing and leave the panel open at the top. Sew the top edges together after the panel is turned and pressed.

To attach ruffles to top of side panels, cut two pieces from the checked fabric, each 15 inches by the width of the side curtains plus ½ inch for side and bottom hem. Narrowly hem top edge. Pin the wrong side of the checked ruffle to the toile side of the side panel, leaving an extra 1½ inches of ruffle at the top. Fold top over so it encases curtain's raw edge. Sew 1½ inches from top to form rod casing. Hang side and back panels from tension rods.

For front ruffle, cut a single layer of checked fabric 15 inches long by 2–3 times the length of the front tension rod. Hem sides and bottom. Narrowly hem top edge, then turn under and sew a 1½-inch casing. Shirr ruffle onto tension rod. Hang.

To make the tiebacks, cut four 24×7-inch pieces from checked fabric. Sew together as you would a double-faced panel. Join short edges with a small curtain hook and ring. Secure the ring to the wall with a small nail.

Got 'Em Cornered, page 20

Prime and paint brackets before installation. Mount brackets on ceiling, positioning the outside edges 2 inches wider and longer than your bed. You could do this by measurement, but using a plumb bob is faster and more accurate. Place coins on the floor as a target for your plumb bob, and mark the ceiling with a pencil, as shown in the illustration. If you don't have a plumb bob, tie a small weight to the end of a string.

Fasten brackets to the ceiling with screws or hollow-wall anchors. You can camouflage the fasteners by touching up the screw heads with paint. Or, conceal them completely by countersinking the heads and patching the holes with wood plugs or putty.



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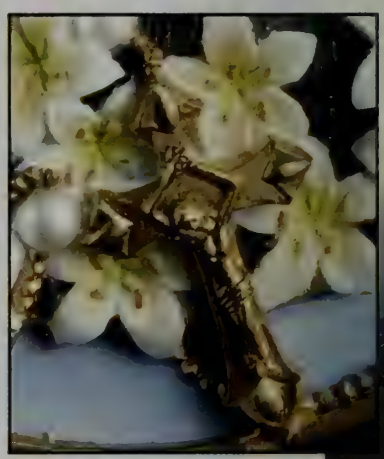
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Energy from carbohydrates, found in rice and barley.

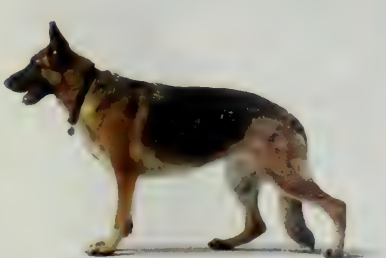


Barley to provide Vitamin E, an antioxidant that helps boost the immune system.





Protein for strong muscles. Vitamin B to help them work harde



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All the nutrition your dog needs for a long and healthy life.

That bag contains 100% of the balanced nutrition your dog needs for a healthy, active life — no other dog food can beat it. And with rice, which is easy to digest, your dog will get the most out of what's in it. Naturally, the meaty taste ALPO's long been famous for is in there, too.

A GREAT DOG DESERVES ALPO

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winter whites

by
Rebecca Jerdee and
Sharon Overton



The Scandinavians have the right idea. In a land where the winter sun seldom shines, white is revered for its ability to reflect and enhance the waning light. To make the most of all-white interiors, take out the slickness and banish the chill with textural, translucent fabrics. Vintage-style organdy and eyelet bed curtains filter the light, creating a feeling of warmth without weightiness. (The matching cotton duvet also can be whisked off for easy cleaning.) A small can light tucked behind a rice paper screen bathes the room in a golden glow. *continued on page 32*



simple clean pure

Few things have the power to renew the spirit like a long soak in a hot bath. A combination of snowy white linens and honey-hued pine conjure the feeling of an invigorating bath in the midst of snowy woods. Do-it-yourself beadboard and wood flooring kits are an easy way to give even the most spartan bath spa appeal. For finishing touches, throw in white towels in thirsty textured weaves, a tub tray stocked with scented soaps, soft candlelight, and a dressing chair to hold other essentials.

continued on page 34

a recipe
for clean living.



The kitchen has always been the room where you make and break bread, but lately it's become more than that. As it has, the look and feel of these "living rooms" is changing to suit the times.



Steeling Your Heart.

Today's kitchens demand durable surfaces that can handle a multi-purpose role. That's why stainless steel, mainstay in professional kitchens, is making its way into the home in a big way. With the proper care it will shine bright and perform for many years.



KEEPING STAINLESS STAINLESS. Stainless steel has a porous surface that actually works to trap stains. So the truth is, while it's called "stainless," it can be stained. This porous surface also traps other things like the gritty residue the most popular soft cleanser can leave behind. The trapped residue dulls the shine and appearance of the steel. A better choice on stainless is a tough, grit-free bleach cleaner like Comet Multi-Room Liquid Gel. It penetrates deep into tiny cavities, dissolves embedded stains and then rinses away without ever leaving a gritty residue.





WARMING UP COLD STEEL. If not incorporated correctly, stainless steel can be cold and impersonal. To avoid this, add items that add warmth. A collection of handmade ceramic vases discovered on a recent trip works well in this kitchen. Light-colored woods and natural fibers will also do the trick.

Counter Culture.

Counter tops get a lot of attention. One moment they're a desk or entertainment center, the next they're a place to fix dinner. This chameleon act can present a range of cleaning problems though, from grease and grime to juice and tea stains. So what do you do? Simple, use a cleaner that always cleans deep – Comet Multi-Room Spray with Bleach for example. It goes below the surface for a deeper clean.



Mice In The Kitchen.

Having a computer in the kitchen is great. Remember though, heat and grease are killers. Keep all electronics away from the stove and other heat-producing appliances. Also, make sure your computer is on a fuse separate from major appliances. This will prevent power surges that can cause troublesome crashes.



Every inch of your home deserves more than just a surface clean. Every room. Every nook. Every cranny. It's where you live, make the most of it.



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Comet HomeCare A deeper level of clean.



romantic warm quiet

A simple meal of soup and bread becomes Sunday-dinner special when presented in a setting of serene white and unbleached naturals. Contrasting texture and tone give white its warmth. A bone-white bowl looks more pristine set against frosted glass plates that barely hint at celery-green. A ribby, wheat-colored place mat provides the visual counterpoint to a centerpiece of smooth river stones. Moss-green tiles, laid out as a table "runner," make white appear brighter, fresher.

continued on page 36





When you

turn on the

bedroom light,

does it return

the favor?

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in it. It can be a soft reminder that
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hared. And it can make the world seem



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winter whites



innocent

soft

subtle

In grade school, we're taught that white is the absence of color. But in nature, white actually embraces a rainbow of subtle hues, from pale pink and peach to tints of blue, green, and gray. At home, texture also is a key to keeping white from becoming laboratory sterile. By showing white on a variety of surfaces—a quilted wall covering, embossed writing paper, or a shiny painted chair, for instance—you can keep a monochromatic color scheme from becoming monotonous.

Buying information, page 93

It's your turn to run the car-pool...

Your son lost his best tennis shoes.

he car needs an oil change.

And Buster just discovered the world's largest mud hole!



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Our laminate flooring lets you cross "floors" off the list of things to worry about. It looks good and stays that way with little effort. Vacuum, damp mop and you're done. Wilsonart Flooring is tough, too. It resists dents, scuffs, and even comes with a 16-year wear, stain and fade warranty. So what's a little mud?

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by Peggy Johnston

Ideas that make Scents



Fragrant handmade treats for your sweethearts…or yourself.

Take the chill off a cold winter's eve with sweet scents that soothe both body and soul. Whether shared with those close to your heart or saved for a treasured solitary moment, handcrafted items that preserve the sights and fragrances of the garden will recall the languid pleasures of summer.

Delicate paper covers a stack of note cards that's great for gift giving or your own correspondence. Once you've assembled the cards, envelopes, and folder, add a soft scent by dotting a piece of blotter paper with fragrance, then tucking it inside. For instructions or to order a kit, see *page 46.*

continued on page 40

You know
all those
people youve
been meaning
to write?

Pour yourself
a cup of coffee,
sit down and
start with four.





Aroma and taste are so tightly entwined, it is difficult for them to stand alone.

The aroma of flavored vinegars tempts the palate while their beautiful colors and bottles garnish the kitchen. Boil six small hot peppers in cider vinegar, a half cup of fresh berries in wine vinegar, a cinnamon stick in champagne vinegar, a few sprigs of thyme in white vinegar, or a half cup of raspberries and three sprigs of mint in white vinegar. Put the mixtures into nonmetallic containers and let them steep for two weeks in a cool dark place. After two weeks, strain the vinegars through several layers of cotton cheesecloth into clean bottles, then add fresh fruit or herbs.

continued on page 42

Home alone?



ID protects from the nings you d most.

if I have a medical emer- and can't get to the phone?

if an intruder breaks in 'm in the house?

if the sitter smells smoke?

if I can't reach my family?

elp arrive in time?

if I'm too rattled, disoriented, nicked to call 911?

re's a fire, and I can't get out?

if the kids need emergency help?

if someone I trust turns on me?

t if the security system costs than a robbery?

of these things would be if you (or a parent who one) had *FRED* around tection.

) stands for *F*ast *R*esponse ncy *D*ialer. But *FRED's* no dialer. Say you can get to one, but are too panicked to perly. Hit the big red but- *FRED* and it automatically 1 – not some private moni- company that squanders s time trying to call you back, *before calling* 911. *FRED* calls 911 directly. Immediately. Cutting response time in half.

In most metro areas, *FRED* will get the help you need in under 5 minutes. (In others, it may take up to 9 minutes.) Once 911 is dialed, the emergency personnel must respond. By law. Whether or not you say a word. Each state now has a caller-ID system, which indicates where you are.

Or you can speak directly into *FRED*, without picking up the phone, **and have a two-way conversation with a 911 operator.**

Or, if you can't reach the phone, you can press *FRED's* lightweight matchbook-sized remote device, which can be attached to your keychain. *FRED* will transmit your voice from up to 60 feet from the phone. If you're further away, you just press the button on the remote, and it automatically dials 911 - from up to 150 feet away!

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What does this advanced technology cost? Just 129^{95} complete.

That's it. **No hidden costs.**

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When you move, take *FRED* along. After all, you own it.

For *life.*



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Shipping & handling $ $9.95
Total $ _____

Name _____

Address _____

City _____ State ____ Zip _____

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Card # _____ Exp. _____

Signature _____

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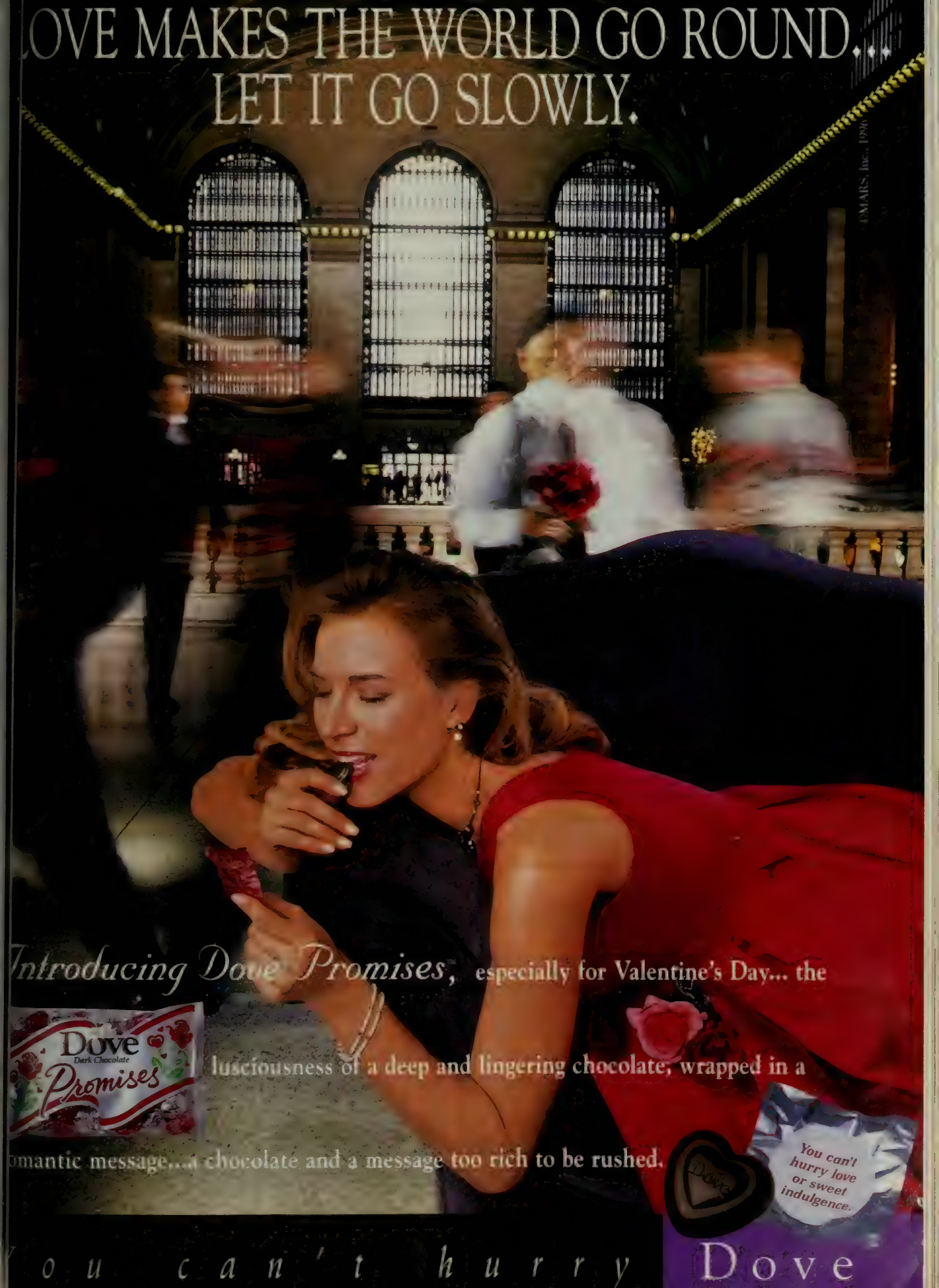


Light and fragrance dance a ballet, leaving a waft of fond memories in their trail.

This handmade paper shade is a double treat for the senses. Layered with pretty pressed flowers, the shade sheds a soft light, while a purchased scented ring emits a hint of fragrance when warmed by the lightbulb.

A precut piece of window screen helps the shade hold its tutu-like shape. The socket and cord can be bought in a kit from the hardware store. For complete lamp instructions or to order the scented rings, see *page 47*.

continued on page 44


OVE MAKES THE WORLD GO ROUND...
LET IT GO SLOWLY.
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ntroducing Dove Promises, especially for Valentine's Day... the
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Dark Chocolate
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lusciousness of a deep and lingering chocolate, wrapped in a
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You can't hurry love or sweet indulgence.
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Tiny pillows filled with an old-fashioned scent are one of life's little luxuries.

Believed to soothe the nerves, lavender was the fragrance of choice in Victorian times. It's in favor again, lending its rich, nostalgic aroma to sachets and soaps.

To make the sachets (*left*), use a zigzag stitch to machine-appliqué a lace doily to a linen square. (The sachet's size will be determined by the size of the doily.) Carefully cut away the linen behind doily, and line the inside of the entire pillow front with a square of tulle. Cut another linen square of the same size for the backing. With wrong sides facing, sew the squares on three sides. Turn, then fill the sachet with dried lavender buds mixed with fiberfill. Hand-stitch the fourth side closed. When the fragrance fades, restore it by squeezing the sachet to crush a few buds.

To order a kit, see *page 48*.

Right here in Black & White.

COMPARE #1 INGREDIENTS Based on Label Information

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Lamb				
Beef				
Turkey				





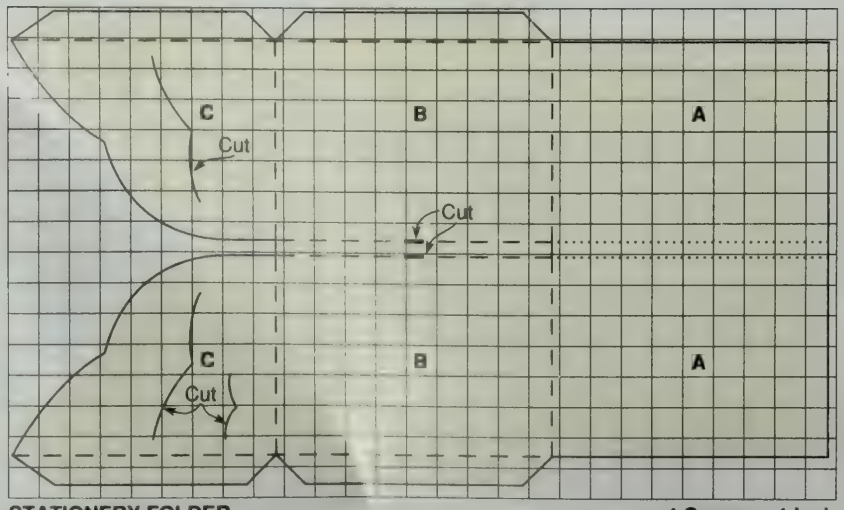
Make Scents

continued from page 45

Scented Stationery, page 39

Materials: 16×18-inch piece of cover stock or tagboard for folder; spray adhesive; 16×18-inch piece of decorative art paper for covering folder; 1 yard ¼-inch-wide double-faced satin ribbon; purchased note cards and envelopes. *Optional materials:* dried pressed flowers; blank note cards and envelopes; envelope template (at paper and crafts stores); gold envelope stickers.

Instructions: Glue the decorative paper to the cover stock using spray adhesive. Enlarge the pattern (*below left*) to full size, then trace it on the plain side of the cover stock. Cut out the outer shape with sharp scissors or a crafts knife. Cut the remaining solid lines with a crafts knife.



STATIONERY FOLDER

1 Square = 1 Inch

Score and fold the dashed lines on the wrong side so they fold inward. Score and fold the dotted lines on the right side so they fold outward. Thread the ribbon through the slots cut along the center folds.

Fold the folder in the following order: Fold the flaps of A in to the wrong side. Fold A to B, wrong sides together. Fold C to A so wrong side of C faces the right side of A. Fold flaps of C into the pocket formed by the previous folds.

Slip envelopes into the cuts made in piece C (inside of folder). Put note cards into the inner pockets formed by the scalloped edges of piece C (inside of the folder). Slip envelope stickers into the remaining opening. Close the folder and tie the ribbon



into a bow to keep the folder shut.

To make floral note cards, glue pressed dried flowers to plain purchased note cards using spray adhesive or clear-drying crafts glue. Make envelopes from scraps of art paper using an envelope template.

Special Kit Offer

By special arrangement with Papers By Catherine, we've assembled all the materials you'll need to make the **Garden Flower Stationery Set** shown on *page 39*. Available exclusively to our readers (not in stores), each kit contains card stock; Indian petal paper; yellow satin ribbon; 12 white parchment note cards with matching envelopes; a full-color photo of the project; a full-size pattern for the folder; and complete instructions. The cost of the kit is $19.95, which includes shipping, handling, and applicable sales tax. TO ORDER, send a check or money order to *Better Homes and Gardens*® Reader Shopping Service, Dept. 9702, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call toll free 800/881-4066.

Ballet Skirt Lampshade, page 42

Caution: Use this lampshade with a low-wattage bulb only, and do not leave the lamp on unattended.

Materials: 14×14-inch piece of aluminum window screen; 13-inch round pizza pan or poster board cut into a 13-inch diameter circle; scribing tool, stylus, or paintbrush with pointed end; heavy-duty scissors or lightweight tin snips; spray adhesive; two 15-inch squares of lightly patterned Japanese tissue paper (available at art and paper stores); assorted pressed flowers (purchased or self-made); rolling pin or brayer; cord and socket kit (available at hardware and lighting stores).

Instructions: Place the screen on a soft surface, such as a towel. Place 13-inch-diameter pizza pan or poster board circle on the screen, then trace around the outside of the circle with the scribe, stylus, or paintbrush, leaving an indentation. Cut out the circle of screen and set aside.

Spray one square of tissue paper with adhesive. Arrange the flowers in a pleasing manner and press them to the paper. Place the screen on top of the tissue paper. Spray adhesive on the screen and the second piece of tissue paper. Place the second paper on top of the screen, sandwiching the screen and flowers between the tissue papers. Place the shade on a hard surface and roll over it with a rolling pin or brayer. Cut away the excess tissue paper, leaving a ½-inch margin of paper beyond the screen. Note: Scalloped scissors or rotary cutters will leave a decorative edge.

Fold the shade in half, creasing it evenly. A rolling pin or brayer makes a more defined crease. Open the

continued on page 48

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Make Scents

continued from page 47

circle out and fold it in half again, making the crease at right angles to the first crease. The shade is now divided into quarters. Fold the circle twice more at points equidistant to the other creases. The shade is now divided into eight equal wedges. At the center of the circle, force the scribe through the shade. Slide the cord through the shade, clipping the shade as necessary. The creases of the shade should point down. Shape the shade around the socket and assemble the lamp kit according to the manufacturer's directions. Tie a bow around the cap of the socket (above the shade).

Special Scents Offer

By special arrangement with The Herb Lady, we have assembled this **Scented Accessories Package** to help you duplicate the look (and scent) of the lamp on *page 42*. Each package contains two star-shaped ceramic paper light rings, a ¼-ounce vial of lavender scented oil, a ¼-ounce vial of lilac scented oil, two eyedroppers, a ¾-ounce package of Lavenderwood potpourri (a sweet lavender-balsam scent with lavender, pink roses, and orange peel ribbons), and a ½-ounce package of Hanna's Blues potpourri (a fresh lilac scent). The cost of the kit is $21.95, which includes shipping, handling, and applicable sales tax. TO ORDER, send a check or money order to *Better Homes and Gardens*® Reader Shopping Service, Dept. 9702, Box 9128, Des Moines, IA 50306-9128. American Express, Mastercard, and Visa users may call 800/881-4066.

Pillow Kit Offer

By special arrangement with Banar Designs and The Herb Lady, we've assembled all the materials you'll need to make the four scented pillows shown on *page 44*. Available exclusively to our readers (not in stores), each **Lavender Scented Pillows Kit** contains the materials to make two 12×12-inch pillows, one 8×8-inch pillow, and one 6×13-inch pillow. These contents include natural-colored linen fabric, natural and taupe-colored brushed twill fabric, two ivory cluny lace doilies, two ivory Battenberg lace doilies, natural-colored tulle fabric, lavender, and instructions. You furnish only fiberfill. The cost is $43.95, which includes shipping, handling, and applicable sales tax. TO ORDER, send a check or money order to *Better Homes and Gardens* Reader Shopping Service, Dept. 9702, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call toll free 800/881-4066.

SPECIAL OFFER: SCENTED PILLOWS



These naturally scented **Lilac** and **Violet Pillows** bring nature's essence to any room. Available by special arrangement with The Sheridan Group, Ltd., they are made in the U.S.A. Both designs, shown *above*, measure approximately 8×8 inches. The scent is released over 12 to 18 months; dark green piping sets off the printed design. The filling is 100% polyester; the covering is a 50% cotton, 50% polyester blend. Buy one pillow for $21.95; additional pillows, $17.95 each. Prices include shipping, handling, and applicable sales tax.

TO ORDER: Send a check or money order to *Better Homes and Gardens* Reader Shopping Service, Dept. 9702, Box 9128, Des Moines, IA 50306-9128. Specify Lilac or Violet pillows. Mastercard, Visa, and American Express card users may call 800/881-4066.



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Whatever Happened to Dick and Jane?



by Allison Berryhill

The Debate Between Whole Language and Phonics

Journal Entry, July 1996:

As I tucked Eloise into bed, she said, "Write in your journal that I learned to read today. Write what the date is and how old I am. And what book it was." She had picked up Arthur's Halloween *planning to read the handful of words she knew and suddenly discovered she could figure out enough of the rest—something clicked! She was off! She laughed and laughed and read to me, to Dan, to Brigham, to herself—what a joy! Eloise is six years old.*

My daughter is the quintessential student of whole language. Raised in a book-brimming home, Eloise is sliding into reading as naturally as a Kennedy slides into politics. Although she is only a beginner, there is little doubt that her life will be nourished and brightened by the written word. Unfortunately, I cannot make the same unilateral prediction for Eloise's eight-year-old brother Max.

Journal Entry, April 1996:

I met with Max's Chapter I reading instructor again. I told her that he tries to sneak out at the end of class so he won't have to check out a take-home book. I asked Max if it's an uncomfortable feeling, trying to sneak past his teacher, and he said, "Well, if you knew there was a panther in a tree in the forest, would you just walk right in there and let him jump on you?"

Max has been raised in the same home, with the same surroundings as his sister. (His "panther in the forest" is an allusion to the book *Little House in the Big Woods.*) He loves to be read to, and his sparkling use of metaphor tells me he sees the world through a poet's eyes. But his road to cheerful, confident reading seems riddled with ruts and detours. He avoids reading, and he shows hesitation with writing as well. There is little joy—for either one of us—in his hesitant, toilsome effort.

Apparently, immersion in language—the bedrock of whole language theory—will not move my son from the "nonreader" to the "reader" category. Nor has our school's reading book series and its mountain of work sheets turned the magic key. Phonics tutoring from a loving grandma has rounded out Max's reading education, but has barely inched him forward.

The Debate. What is the best way to teach reading? The latest version of that question asks, "whole language or phonics?" The 1994 National Assessment of Educational Progress "Reading Report Card" brought attention to continued declines in reading scores, rallying support for phonics, a teaching method that is resurfacing after a decade of submersion beneath "whole language" strategies. A handful of states have followed California's lead in legislating "organized, explicit skills programs that include...phonics," a move that propels the reading debate out of classrooms and into the public forum.

Claims and counterclaims have been hurled across teachers' lounges, education board rooms, and legislative chambers. It's an emotional issue—if you want to see

continued on page 52

Finally, a lunch box for grown-ups.



{Some assembly required.}

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Dick and Jane

continued from page 50

parents tremble, tell them their child can't read.

Critics charge that whole language programs promote feel-good classrooms at the expense of teaching basic skills. The word "phonics" is saddled with its own baggage, bringing to mind rows of studious workers hunched over pages of repeated syllables. And because the phonics banner has been hoisted by conservative think tanks, it has come to carry religious and political overtones.

Pendulum swings in methods for teaching reading may tell us that educators have yet to discover the elusive single right way to reach every child.

Phonics. A phonics approach centers on the letters of the alphabet and the sounds they represent. It is a system that breaks the complex act of reading into a series of small, bite-sized bits. Children begin by identifying letters, then letter-sound correlation, and move along to sliding sounds and combining clusters to form words.

The part-to-whole basis of phonics could be thought of as a verbal equivalent to "Watch your pennies and the dollars will take care of themselves." Activities that include songs and games appeal to the playfulness in children and aim to keep the repetitive reinforcement lively.

A classroom that emphasizes phonics will use materials designed to highlight specific sounds: Pat and Jan's tan cat ran. Focus on rhyming words and practice sounding out pretend words such as "dag" and "labe," are also evidence of a phonics approach.

Some proponents believe all children's reading instruction should begin with phonics. "Absolutely," says Samuel Blumenfeld, a critic of whole language. According to Blumenfeld, developing a "phonetic reflex" leads to accurate, fluent reading. "You don't have to think about reading, you just do it."

"We know phonics works," agrees Jeanne Chall, Ph.D., professor emeritus of education at Harvard University. "Research proves it."

Many teachers, however, criticize phonics as frustrating and nonsensical for some children. Elementary reading teacher Marcia Keeling of New Braunfels, Texas, says that phonics rattles the child whose ear can't isolate sound differences within words such as "nose" and "noise."

Other students—often those who are talkative, easy-going, and a bit disorganized—find phonics' piecemeal approach exasperating. Teachers can guess which kids might have trouble with phonics, says Keeling, by looking at whose crayons are scattered every which way in their desks. My free-spirited son Max gazes out his classroom window from a desk as cluttered as my own.

Whole Language. The philosophy of whole language assumes that children learn to read and write the same way they learn to speak—through active, authentic use. The "parts" of reading—sounds, word order, the words themselves—are significant, but only as they relate to the reason a person is reading in the first place. "If you've got the dollars, why count every penny?" so to speak.

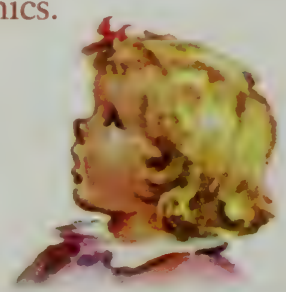
Beginning readers in a whole language classroom rely on context clues, pictures, and previous reading experience to draw forth meaning from the page. Students are allowed—even encouraged—to guess at unfamiliar words, to look for what "makes sense" within a passage as the first step to deciphering print. Children's understanding of letter sounds is developed through self-discovery, as one of many tools for decoding words on a page.

Some students will bloom in a whole language classroom. Others will delight in the logical unfolding of phonics.

The first word in a letter from Aunt Megan, for example, is probably "Dear," and a whole language student will likely read the word with confidence, even if he has not been taught—as the phonics student has—to identify "ea" as "long e" and chain it with "d" and "r" to form a word. A short word that starts with "H" cannot be "Dear," so the reader adjusts his expectation if Aunt Megan has begun her letter with "Hi!"

Real books—the kind you pull from a library shelf—replace the traditional reading texts in a whole language classroom. "Invented" spelling ("Mi dog diyd") allows emerging writers to forge ahead with their thoughts rather than limit themselves to words they can spell without mistakes.





Children choose subjects that interest them—space travel, pirates, how plywood is made—then "experience language" as they gather and exchange information. Instead of starting with grammar, punctuation, and penmanship, these skills are introduced later, after the child has become comfortable with putting ideas on paper.

Critics of whole language fear students may learn bad habits that are hard to overcome. Furthermore, whole language methods can be unsettling for analytic children who prefer logical, step-by-step teaching (the ones who keep their crayons neatly boxed).

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He Can Sit,

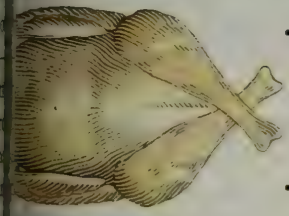


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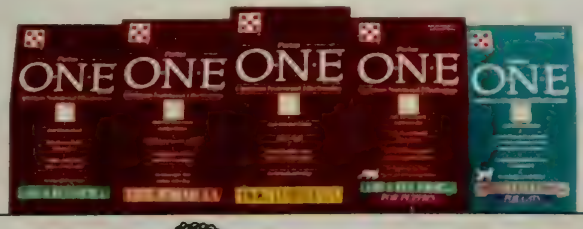
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2. Watch game announcement during the 1997 Grammy Awards telecast (CBS on Wednesday, 2-26-97 at 8:00 PM EST). If the three (3) symbols on your game card match exactly any of the winning symbol combinations broadcast during the 1997 Grammy Awards telecast, you win the prize specified, subject to winner verification requirements. A "match" includes both symbol type and position, from top to bottom in a vertical line. For winning symbol combinations (available after 2-26-97), send a self-addressed stamped envelope to: SYMBOLS, P.O. BOX 3039, Grand Rapids, MN 55745-3039. (WA and VT residents may omit return postage). Requests must be received by 3-15-97. In the case of program preemption, and/or game announcement does not air, all prizes will be awarded in a SECOND CHANCE random drawing. In this event send your game card to P.O. BOX 4125, Grand Rapids, MN 55730-4125. One game card per envelope. Game cards must be received by 3-28-97.

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4. All unclaimed prizes will be awarded in a second chance random drawing. To enter, mail your signed, non-winning game card and either complete the information requested on the card or on a 3"x5" piece of paper, hand print your full name, complete mailing address, daytime/evening telephone numbers. Mail to Salon Selectives "WINNING COMBINATIONS" SECOND CHANCE DRAWING, P.O. BOX 4060, GRAND RAPIDS, MN 55730-4060. Limit one entry per envelope. All second chance entries must be received by March 28, 1997. If needed, drawing to be held on or about April 14, 1997 and winner(s) will be notified by mail within approximately 2-4 weeks. Odds of winning in a second chance drawing depend on number of prizes available and eligible entries received. Mechanically reproduced entries are void.

5. Three (3) Grand Prizes: Trip for Two (2) to 1998 Grammy Awards (consists of 3 days, 2 nights double-occupancy hotel accommodations, 2 round trip coach airline tickets to New York from nearest major airport to winner's residence, 2 tickets to Grammy Awards and $1,000 wardrobe allowance). Minors must be accompanied on the trip by parent or legal guardian. (ARV: $8,600/prize) Odds, 1:9,431,193. Actual value depends on winner's point of departure and timing of trip arrangements. Meals, tips, gratuities and all other expenses are the responsibility of winners. Trip must be taken on dates specified by sponsor or prize will be forfeited. Five (5) First Prizes: SONY Rack Stereo System (features include AM/FM Stereo, A/V Receiver, Dual Cassette, Compact Disc Player) and a $150 Sam Goody/Musicland gift certificate. (ARV: $1,350/prize) Odds, 1:5,658,716. Ten (10) Second Prizes: A $1,000 Salon Party for winner and 10 friends at local salon (consists of haircut, styling, makeover, lunch, manicure, pedicure). (ARV $1,000/prize) Odds, 1:2,828,358. Five Hundred (500) Third Prizes: 1 year supply of Salon Selectives products (consisting of 40 free product coupons @ $2.50 each) (ARV: $100/prize) Odds, 1:56,587. All SECOND CHANCE entries submitted will receive a coupon for a free Salon Selectives product. (ARV: Up to $2.50/each)

6. Taxes on prizes are the sole responsibility of the winners. Winners may be required to execute an affidavit of eligibility and liability/publicity release which must be returned by April 13, 1997. Travel companion must also sign a liability/publicity release prior to travel. Non-compliance may result in disqualification and selection of an alternate winner. Entry and acceptance of prize grants sponsor the permission to use a winner's name, city and state of residence and/or likeness for advertising/publicity, without notice or additional compensation, except where prohibited by law. No substitution or transfer of prizes or cash in lieu of prize permitted, except by sponsor due to unavailability. All entrants agree that Helene Curtis, Inc., The Synergy Group, and their respective parents, subsidiaries, affiliated companies, distributors, agencies and employees shall not be liable for injury, loss, or damage of any kind resulting from participation in this game or from the acceptance or use of the awarded prizes. If prize or prize notification is returned as undeliverable, prize will be forfeited.

7. This game is being conducted under the supervision of The Synergy Group, an independent judging organization. By entering, each entrant accepts and agrees to be bound by these rules and the decision of the judges which shall be final and binding. All federal, state and local laws apply. Void where prohibited or restricted by law. All game cards and entries submitted become the property of Helene Curtis, Inc. and none will be returned. Helene Curtis, Inc., and its affiliates are not responsible for any broadcast malfunctions, human error, delayed broadcasts, or preemption(s).

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9. For list of major prize winners, send a self-addressed stamped envelope by March 28, 1997 to: Salon Selectives "WINNING COMBINATIONS" WINNERS LIST, P.O. BOX 8190, GRAND RAPIDS, MN 55745-8190. Game is sponsored by Helene Curtis, Inc.

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Dick and Jane

continued from page 52

Looking Back. Were parents of today's first-graders taught to read with phonics or whole language? Chances are, neither.

Turn-of-the-century children copied ABCs onto their slates, learning phonics. But a method called "look-and-say" reigned supreme from the 1930s until the early '70s when phonics reemerged.

Students of look-and-say (most baby boomers) revved up for rapid-fire flash cards, learning words by sight. Once Johnny could read "run ...go...Sally...Dick...to" he was ready to forge ahead with "Go, Dick! Run to Sally!"

Look-and-say is similar to whole language in that both are based on the theory that words and phrases are processed in the brain as "wholes" rather than by letter-to-letter phonetic decoding. But classrooms of look-and-say used leveled reading groups (Were you a Blue Jay or a Buzzard?) and workbook study that would not meet the criteria of today's whole language.

Common Ground. A peek into the reading classroom reveals that phonics and whole language approaches need not be mutually exclusive. "I am continually addressing phonics in my class," says whole language teacher Bobbi Fisher of Sudbury, Massachusetts, "but as part of the meaning-making process, not as isolated drill."

Marie Carbo, Ph.D., founder of the National Reading Styles Institute, says narrowing the issue to an either-or argument does little service to children who deserve teachers who come to class armed with a variety of strategies.

"I do not want to return to phonics for everyone," says Carbo, recalling her work in the 1970s when children struggled with phonics. "Reading methods should be selected based on a child's strengths. There is danger in thinking that one method is right for all children."

James Ellingson, fourth-grad reading teacher in Moorhea Minnesota, says that if whole la guage puts too much emphasis c context—to the exclusion of sour and word order—the answer is n necessarily to move the emphasis phonics: "I strongly believe in ba ance," says Ellingson.

Others urge our schools to loc beyond beginning reading instru tion for ways to improve literac "People have the idea that reading something you learn and then you' got it," says Mary Leonhardt, auth of *Keeping Kids Reading* (Crow Publishers, 1996, $23). "It's mo like tennis. You may know the rule how to score, but you can't reall play without spending hours an hours doing it."

The Road Ahead. Still I ponde which beginning instruction meth ods will lead a child like Max t spend hours reading. Watching m son learn to read (or not learn t read) has convinced me on a heartfe level of what the phonics/whole lan guage tug-of-war confirms: Ther may be no single approach that i best for every child.

Some students will bloom in whole language classroom. Other will delight in the logical unfoldin of phonics. The lucky ones will hav teachers who are well-trained in range of strategies to meet eac child's strengths.

Finally, there is Max—and th thousands like him—who will follo his own agenda, move to his ow metronome, progress in fits an starts, and baffle those of us watch ing. He will, I believe, learn to read But he'll do so in spite of method thrust upon him rather than becaus of them. So with a mother's angs and optimism, I pull him onto the couch beside me and open our book to the next chapter, preparing to d battle with the panthers that lie i wait along the path. ⌂

To order the book Growing Up With Dick and Jane, *a nostalgic look at education in earlier decades,* *see page 203.*



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official contest rules on the cent page for complete details.

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Major faucet manufacturers are tackling the issue with redesigned products. Makers have established 1999 as a deadline for their new, safer versions, and many low-lead models are already on the market.

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Inheriting Your Health



by Michele Meyer

If you could find out how you are going to die, would you want to know?

One East Coast mom does. Mary (who doesn't want her full name used for fear of losing insurance) has been obsessed with dying since her mother died of ovarian cancer 17 years ago.

"I've absolutely never been carefree," she says. "Until I had my ovaries out at thirty-four, I felt like I had a time bomb waiting to go off inside me. I had to get it out before it exploded."

Thanks to newly available gene testing, Mary finally will learn if she's inherited the fatal BRCA1 gene mutation which may have caused her mother, aunt, and grandmother to develop cancer and die. "I want to know," she says. "Not knowing doesn't make it go away."

Life's greatest unknown—death—can now be forecast for many because of the advent of genetic testing.

More than 5,000 diseases, from Alzheimer's and diabetes to cancer and heart disease, have inherited components. Already, genetic tests can predict risk for more than 700 of these diseases, such as Lou Gehrig's Disease, cystic fibrosis, Huntington's Disease, muscular dystrophy, and cancers of the colon, thyroid, breast, ovaries, and skin.

"Every disease, except trauma, has a genetic component," says Francis Collins, M.D., Ph.D., director of the National Center for Human Genome Research.

> What you don't know about your family's medical history could hurt you.

Knowing which diseases run in your family—whether they're gleaned from genetic tests or from charting your medical past—can help you live longer.

The power of knowledge. Many factors affecting heart disease can be stopped before they do too much damage. Half to two-thirds of premature heart disease is inherited, says Ronald Krauss, M.D., head of molecular and nuclear medicine at Lawrence Berkeley National Laboratory at the University of California Berkeley. Dr. Krauss believes that everyone who has had a family member suffer heart disease before 50 or 55 should have inexpensive blood tests to screen lipids.

"In heart disease, it's a matter not of finding that someone carries a death sentence, but allowing them to find effective treatments to prolong life," he says.

Ice skater Sergei Grinkov might be alive today if he'd known that, despite his athleticism, his heart was as clogged as rush-hour traffic. He had inherited the PLA2

continued on page 60

Between us.

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Inheriting Health

continued from page 58

mutation, which increased his risk of developing blood clots, a condition now known as the Grinkov factor. A daily aspirin might have prevented his fatal heart attack at 28.

With other genetic traits, the benefits of knowing aren't so obvious. One in 200 women has a flawed BRCA1 or BRCA2 gene. While the flawed gene accounts for only 10 percent of breast and ovarian cancer, having the gene may give you an 80 to 90 percent chance of developing breast cancer.

It may help to have early and vigilant mammograms, regular breast and gynecological exams, or even preventive ovariectomy and mastectomy, says Ellen Matloff, a genetic counselor at Yale. "But frankly," she says, "you can never reduce the cancer risk to zero."



That may be one reason only half of those surveyed with a family history of breast or ovarian cancer were likely to request a test for the inherited BRCA1 gene, according to a study by Georgetown University.

Genetic tests and insurance. Another issue is health insurance—or the risk of losing it if a genetic flaw is revealed. "We must do something about a very unfair system which allows your genes to be used against you," says Dr. Collins. "Though the new health reform says insurance companies cannot refuse to cover you because you're at risk for a genetic disease, nothing says they can't set exorbitant premiums—which in effect denies coverage."

The Health Insurance Portability and Accountability Act of 1996 says insurance companies cannot raise premiums for individual members of group health plans because of a genetic condition.

Most people pay for gene testing out-of-pocket, even though it costs from $250 to $2,500, depending on the difficulty of finding the mutation. Generally, an affected relative is tested first so a specific mutation can be sought in subsequent relatives. Tests are more costly if they're done on a tissue sample from a deceased relative versus a fresh blood sample.

The tests are available only through genetic centers at large universities or commercial firms like OncorMed of Gaithersburg, Maryland, and Genzyme Genetics in Framingham, Massachusetts. Every lab has its own procedure for handling confidentiality. Some labs process tests under patients' initials or by an assigned bar code. Results are shared only with the doctor who requested the tests.

Until the public can be confident their genes won't be used against them, many experts suspect people won't undergo gene testing.

The emotional consequences. Money isn't the only issue. What good does it do to know what illness may befall you if there's no cure? That's what Dr. Collins and other experts are asking as rare hereditary forms of diseases are uncovered.

Knowing your possible cause of death can be too heavy a burden for some to bear. When some family members have a genetic flaw and others don't, "it causes a lot of tension and guilt," Matloff says. Even more important, once you know you carry the gene, you can never undo that knowledge. "It's worth the investment of time, energy, and money to go to a counselor to make sure this is information you really want to know," she says.

Though breast cancer stalks Liz Mattila's family—having hit her mother, aunt, and great aunt—the San Diego publicity director has no plans to be checked for a BRCA1 flaw. "I try to stay healthy, eat right, and exercise. I don't smoke or drink. I do (breast) self-exams every month, and I'll start mammograms when I'm 35. That's all I can do," says the 31-year-old. "If I get it, I get it. The testing is like looking in a crystal ball and saying when you're going to die. It seems kind of pointless. I already know I'm predisposed."

Carol Krause, in contrast, is being tested for hereditary non-polyposis colon cancer, a rare syndrome that causes colon, ovarian, and uterine cancers. "There's a common myth there's nothing you can do," says Carol, 47, who lost her mother and sister to ovarian cancer. She wrote a book titled *How Healthy is Your Family Tree?* (Fireside Books, 1995). "But you can make life choices. You can have your children earlier and have your ovaries removed. To me, it's much better to do everything you can do, and then you don't have to worry about it."

Whether or not one takes genetic tests, those with a family history of various diseases are strongly encouraged to be screened regularly and at

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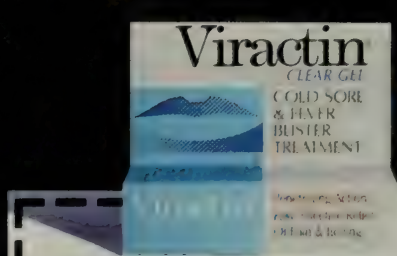
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Inheriting Health

continued from page 61



"Keep in mind that family lore may be wrong.

a younger age. Such tests include vaginal ultrasounds for ovarian cancer; mammograms and ultrasounds for breast cancer; and colonoscopies, digital rectal exams, and stool-blood tests for colon cancer.

Those with a genetic propensity for skin cancer can be monitored regularly, wear sunscreen, and avoid outdoor jobs. Although it seems like an extreme measure, some women with a strong family history of breast or ovarian cancer have their breasts and ovaries removed.

Become a medical detective. Carol credits early screenings for catching her inherited colon cancer at 40 and breast cancer at 44. "Both were only caught because doctors knew my family history. I'm proof a medical history can save your life."

Beyond tests, your family tree remains the most valuable tool in assessing risk, says Noralane Lindor, M.D., a genetics consultant to the Mayo Clinic. If a mutation runs in your family and your parents carry it, you, your brothers, and your sisters each have a 50-50 chance of inheriting a genetic flaw because half of your genes come from one parent and half come from the other. You have a one in four chance of inheriting a flaw from your grandparents.

Here are some ways you can chart your family tree:

- Ask relatives for their medical history and that of their ancestors. You'll need to know when, where, of what, and at what age each person died. Also ask family members about any illnesses or surgeries—and at what age they occurred; whether the person smoked, drank, or was overweight; and the outcomes of all pregnancies.
- Chart the results on a family tree, otherwise known as a pedigree, using squares for men and circles for women. Place yourself and your children at the bottom and work your way through past ancestors to the earliest on the top of the page. For each person, note the dates of birth and death, marriage, and all known major illnesses and surgeries.

If you or a genetic counselor see several first- or second-degree relatives with the same disease, seek out a specialist in that disease, Carol says. Only a specialist will know if various diseases, such as Carol's, are linked. (Carol's family syndrome links colon, ovarian, endometrial, pancreatic, and melanoma skin cancers.)

If you feel awkward asking relatives for their medical records, preface your request with, "I'm seeing this physician, and I wonder if you'd let the doctor have access to your medical records," says Allen Bale, M.D., director of the Yale Cancer Genetics Program and an associate professor of genetics at Yale School of Medicine. You also might ask your doctor to send a medical-release request or write the letter. Reassure relatives that their records will be kept confidential by the family historian for future generations.

Keep in mind that family lore may be wrong. Carol's father always thought that his sister died at 32 of stomach cancer, but it was actually ovarian. "In 1942 you didn't talk about such things," she says.

- Seek death certificates and marriage and divorce records from the state or country's Division of Vital Records or Bureau of Vital Statistics. Death certificates may show prior illnesses, surgeries, and the name of the cemetery (where further details may be found).

Birth records may reveal previous miscarriages or stillbirths, which could be due to an inherited genetic defect. And hospitals not only can provide pathology reports, but often tissue samples, even 30 years after an operation. Mary was able to find—and use for genetic testing—her mother's tissue from the hospital where she'd died 16 years earlier.

- The National Archives in Washington, D.C., and its 12 regional branches keep census records. If a relative became a citizen after 1906, the U.S. Immigration and Naturalization Service should have a record. Make a request under the Freedom Act/Privacy Act, asking for Form G-639.
- If you were adopted, you may be able to petition the courts to force the agency to open your records, often without identifying the parents' names. For details, consult a lawyer or the Adoption Liberty Movement Association, P.O. Box 154, Washington Bridge Station, New York, NY 10033.

Once you start a family tree, nurture it. Let your doctor know every illness in your family and alert relatives to any hereditary ills found. ⌂

Leave Your Grandkids Some DNA

Consider saving some of your DNA to hand down along with the family silver. You can collect and store blood, hair follicles, or swabbed cheek cells in your own bank security deposit box.

GENE*R*ATION LINKS will send you a kit to do DNA home storage along with instructions on naming a beneficiary for $29.95, plus $3 shipping. Commercial DNA banks usually charge about $200 a year to collect and store samples. Write to GENE*R*ATION LINKS at 106 N. 21st Street, East, Suite 215, Superior, WI 54880-6546.

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How to Survive a Hospital Stay

by Mary Meehan



A surgical sponge is left in an incision. The wrong leg gets amputated. These are the hospital horror stories that stick in our minds. But it's the commonplace ones—such as Andi Terry's ingrown toenail—which pose a far greater risk to the thirty million Americans entering the hospital each year.

For Andi, going to the doctor to treat what appeared to be a fairly minor problem had a major impact. Poor treatment caused a serious infection, which resulted in more than a week's stay in the hospital, the threat of amputation, and intravenous antibiotics that permanently scarred her chest once the IV line was removed.

The scars ended a long line of medical mishaps and marked the beginning of the 30-year-old TV news producer's more active involvement in her own health care. "I was absolutely stunned. I thought these people could do no wrong," says Andi. "I never questioned anything." Now, she watches every medical procedure carefully and asks a lot of questions.

One in 10 patients is discharged from the hospital with an infection he or she didn't have going in. Each year about 80,000 people die from such an illness. Studies show that even patients at the most prestigious hospitals receive the wrong drugs 2 to 3 percent of the time. In some hospitals, the number rises to 11 percent.

One in 10 patients is discharged from the hospital with an infection he or she didn't have going in.

But there's a dose of good news. A little awareness and some simple steps can make a big difference. Infection rates drop significantly as hospital employees wash their hands more frequently. Patients don't usually get the wrong medicine if they ask what they're being given and why.

Doctors and hospitals make mistakes. But, as Andi learned, patients are mistaken if they think they can't do anything to help themselves.

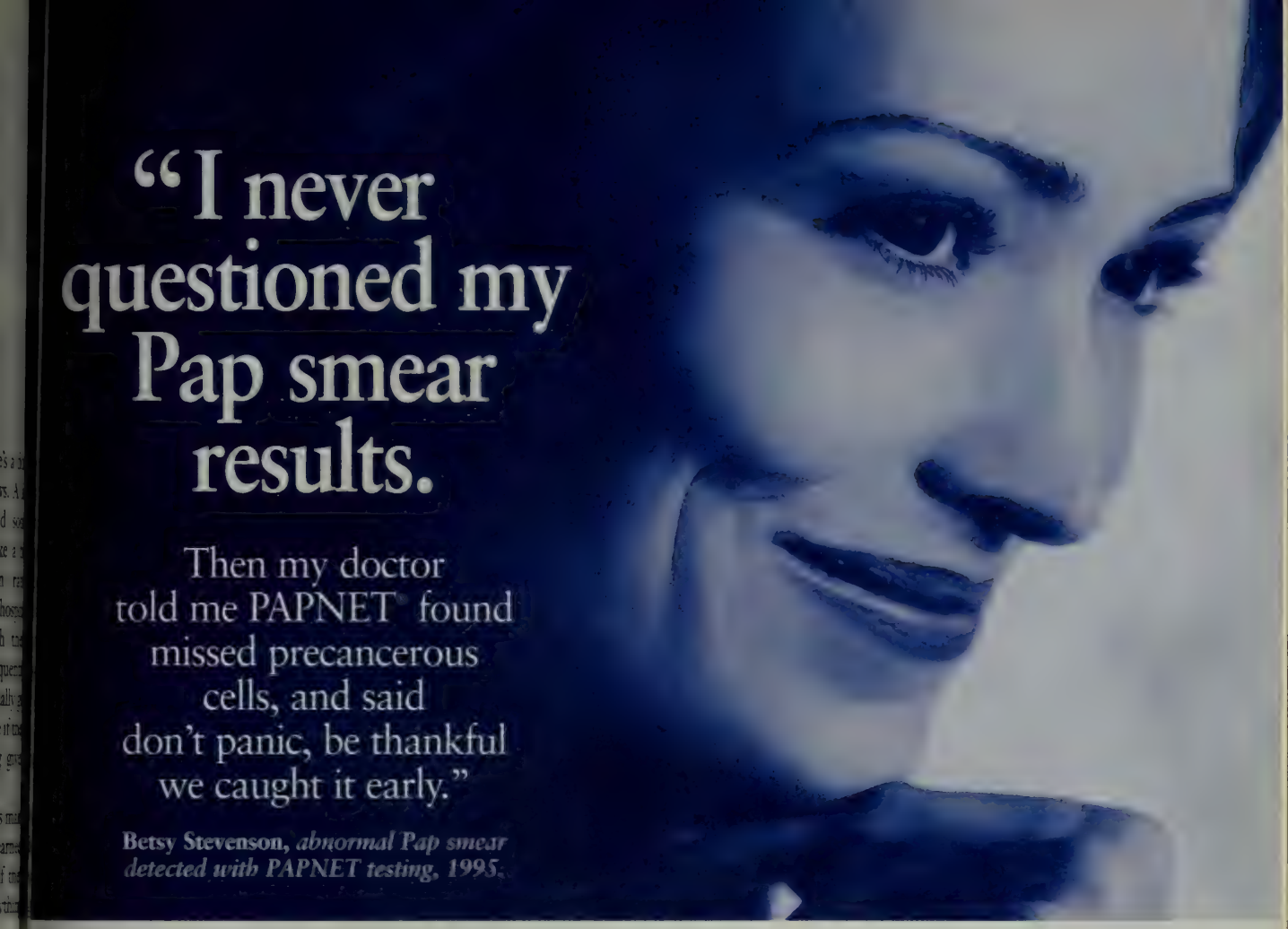
Make your health a priority. Although it would be comforting to blame Congress or Big Business for health care's current condition, consumers need to look at themselves first. Many of us tend to ignore our good health until it's gone and then we panic.

As a nation, we spend more time evaluating the mechanic who takes care of our car than exploring health care options. We often ignore health issues because we're afraid of bad news.

"It's a lot harder to find out something is wrong with your heart than it is to find out that your car needs a new transmission," says Joe Restuccia, Dr.PH, (doctor of public health), a professor of health care and operations management at Boston University School of Management. Restuccia co-authored the section on hospitals for the book, *Health Care Choices for Today's Consumer* (Living Planet Press, 1995).

Certainly a hospital stay is one of the most dreaded health care experiences. Feeling empowered while lying on a gurney

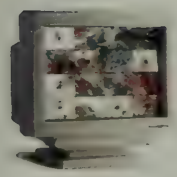
continued on page 70



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Hospital Stay

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is "a tall order," says Sherrie Kaplan, Ph.D., codirector of the Primary Care Outcomes Research Institute at the New England Medical Center in Boston. But after 20 years of researching how patients react, she still doesn't have a secret formula to help them feel at ease.

"When I go into the hospital I'm as intimidated as anybody else," Dr. Kaplan says with a laugh.

Hospitals are designed to make you feel that you don't really know much, says Charles Inlander, president of the People's Medical Society, a national nonprofit medical consumer group in Allentown, Pennslyvania. But, he adds, assertive patients tend to spend less time in the hospital and recover more quickly.

Doctor's orders. Have you ever just flipped through your hospital chart when no one was looking? Probably not. It, after all, belongs to the doctor.

For most, being a patient means being pretty passive, says Dr. Kaplan. Her research shows that during a 20-minute discussion, chronically ill women ask about four questions of their doctor. Chronically ill men, on average, don't even ask one.

Women might communicate better because, as keepers of their family's health, they get more practice. And looking out for yourself in a hospital, in spite of feelings of vulnerability and intimidation, requires practice. Start by communicating more effectively with your doctor.

True, the doctor may not be much help. Medical schools usually offer courses on patient communication, but most are elective classes and not required for a medical degree.

But the doctor/patient relationship is a partnership, and no one says the patient can't be the managing partner. Ask your doctor what his or her definition is of an effective doctor/patient partnership. If the answer makes it clear that a partnership is impossible, says Dr. Kaplan, then move on.

Make your time count. Write down questions and other pertinent information about your illness before seeing a doctor. Skip the waiting room magazines and mentally review information you'd like to give and receive. This will help you respond more quickly as the doctor presents new information.

What to check out before checking in. Citing the risk of infection and mismanagement, Charles Inlander says the hospital is the worst place for a sick person. If your doctor says yo need to check into a hospital, Inlander suggests you fir explore any outpatient options. Once limited to minc procedures, outpatient clinics now perform more tha 2,000 different services.

If a hospital stay is a must, do some research. Better ye do the research before you or someone in your famil becomes seriously ill. You can then pick an insurance pla offering the best hospital instead of being limited to th best hospital offered on an insurance plan. In 198 Inlander says patients participated in picking their hosp tal only 5 percent of the time. In 1993, the number ha risen to 40 percent.

Community hospitals and teaching hospitals define tw broad and distinct categories. (Despite much publi debate, Restuccia says the quality of care varie little between the other major cate gories—for-profit hospitals and not for-profit ones.)

Teaching hospitals often have the lates equipment and most innovative treatmen Some patients enjoy interacting with stu dents and contributing to the educationa mission. But students are also sometimes lef to manage basic care, and bedside lecture about your condition are not for everyone.

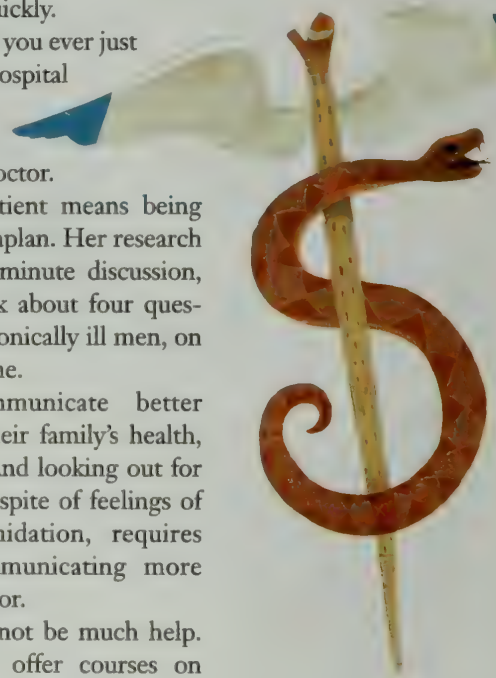
Community hospitals are usually small conveniently located, and best suited to han dle basic care. There are usually fewer spe cialists on staff. For example, an orthopedi surgeon may be available but not a pediatri orthopedic surgeon.

Choose a hospital with ample experienc treating your particular ailment—especially if the treatment is highly technical Compare the number of procedures and success rates with other hospitals.

After weighing these factors, give one o two hospitals a closer look. An unexpected and easy-to-obtain source of information is the hospital's own patient handbook. They are often overlooked but contain important information, such as patient rights, infection control policies, available services, and the procedure for registering complaints.

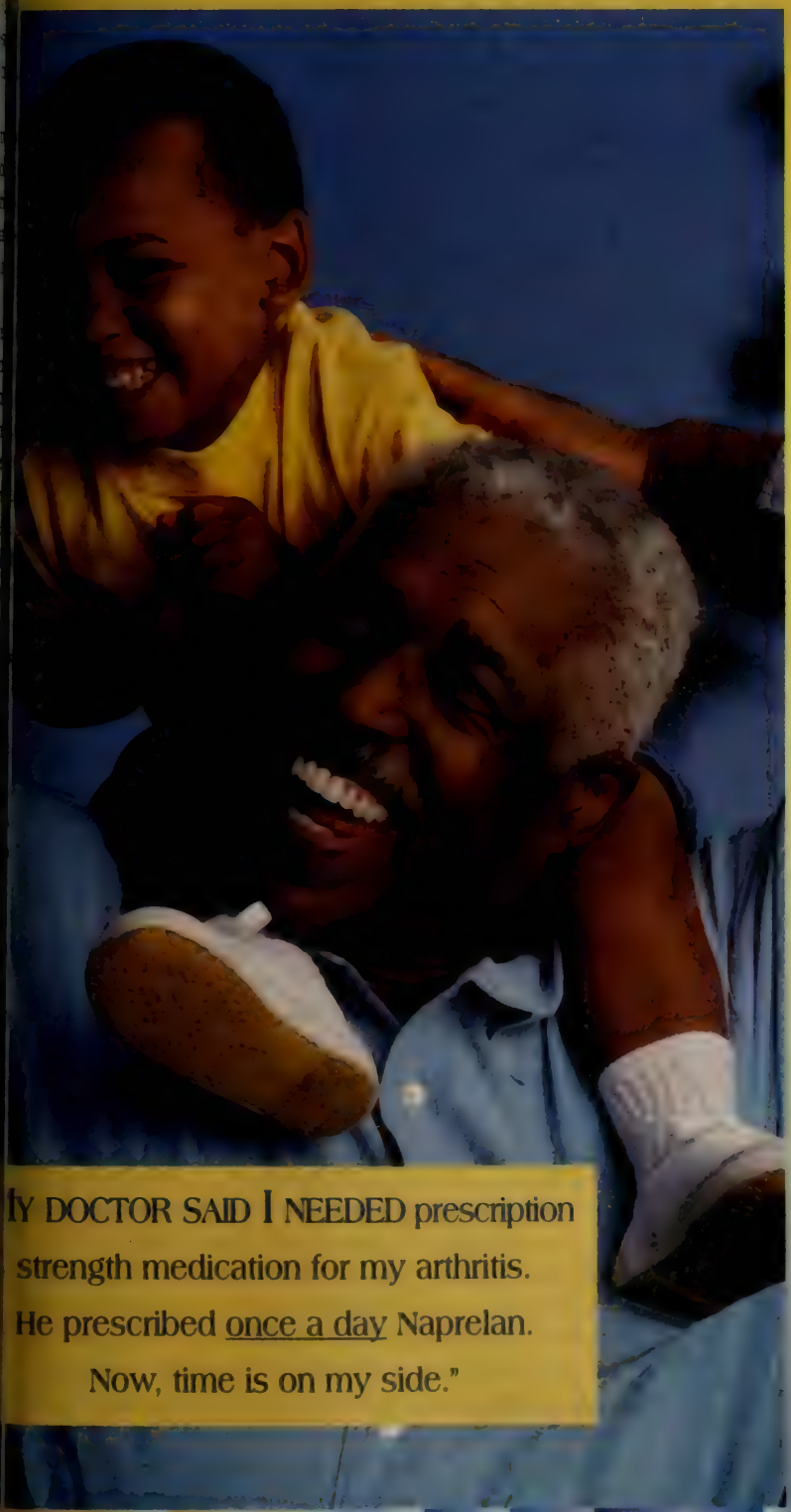
The nonprofit Joint Commission on Accreditation of Healthcare Organizations also is an excellent resource. The JCAHO independently evaluates 16,000 health care organizations, including 80 percent of U.S. hospitals, for accreditation. It rates them on things such as infection control, medication use, patients rights, and safety (see box on *page 73*). The loss of or failure to merit accreditation may mean a serious problem.

continued on page 72



Assertive patients tend to spend less time in the hospital and recover more quickly.

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Naprelan is not recommended for women who are pregnant or nursing. People who have an allergic reaction to any other arthritis medicine should not use Naprelan. While Naprelan is generally well-tolerated, some people may experience heartburn, diarrhea, and/or abdominal pain. In rare cases, there could be more serious side effects such as stomach ulcers and intestinal bleeding. Be sure to tell your doctor if you have stomach or intestinal problems, high blood pressure, and/or heart, liver, or kidney problems.

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BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT
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This Summary describes when and how to use Naprelan, a formulation of naproxen sodium. Please read it carefully. Contact your doctor if you have any questions. Only your doctor has the training necessary to weigh the benefits and risks of a prescription drug for you.

USES OF NAPRELAN
Naprelan is a nonsteroidal anti-inflammatory drug (NSAID) that is indicated for the treatment of rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, tendinitis, bursitis, acute gout, and the management of mild to moderate pain and primary dysmenorrhea.

WHEN NAPRELAN SHOULD NOT BE USED
If you have had allergic reactions to prescription or to over-the-counter products containing aspirin, naproxen, or other NSAIDs.
If you have a history of angioedema, hives, bronchospastic reactivity (eg, asthma), hypotension, or nasal polyps associated with NSAIDs. Notify your doctor immediately if such symptoms occur during therapy and discontinue Naprelan.

OTHER CONSIDERATIONS BEFORE USING NAPRELAN
As with all NSAIDs, serious gastrointestinal (GI) toxicity such as bleeding, ulceration, and perforation, can occur at any time, with or without warning symptoms.
In patients observed in clinical trials with naproxen of several months to 2 years' duration, symptomatic upper GI ulcers, gross bleeding, or perforation appear to occur in approximately 1% of patients treated for 3 to 6 months, and in about 2% to 4% of patients treated for 1 year. Studies to date with all naproxen products failed to identify any subset of patients not at risk of developing peptic ulceration and bleeding or any differences between various naproxen products in their likelihood to cause these events. Except for a history of serious GI events and other risk factors associated with peptic ulcer disease, such as alcoholism, smoking, etc., no risk factors (eg, age, sex) have been associated with increased risk. Elderly or debilitated patients seem to tolerate ulceration or bleeding less well than other individuals and most spontaneous reports of fatal GI events are in this population. In considering the use of relatively large doses (within the recommended dosage range), sufficient benefit should be anticipated to offset the potential increased risk of GI toxicity.

PRECAUTIONS
GENERAL
NAPRELAN SHOULD NOT BE USED AT THE SAME TIME AS OTHER NAPROXEN PRODUCTS.
Kidney Effects: There have been reports of acute inflammation of the kidney tissues, blood or protein in the urine, and occasionally degenerative kidney changes associated with naproxen-containing products and other NSAIDs. In patients already experiencing a decrease in kidney blood flow, NSAIDs may result in inadequate circulation through the kidney. Patients at greatest risk are those with impaired kidney function, heart failure, liver dysfunction, diuretic use, and the elderly.
Liver Effects: As with other NSAIDs, borderline elevations of liver tests may occur in up to 15% of patients. These abnormalities may progress, may remain essentially unchanged, or may resolve with continued therapy. Severe liver reactions, including jaundice and fatal hepatitis, have been reported with naproxen and other NSAIDs but are rare.
Fluid Retention and Edema (Swelling): Naprelan should be used with caution in patients with fluid retention, high blood pressure, or heart failure.

INFORMATION FOR PATIENTS: Naprelan, like other drugs of its class, is not free of side effects. This formulation of naproxen can cause discomfort and, rarely, there are more serious side effects, such as GI bleeding, which may result in hospitalization and even fatal outcomes.
Caution should be exercised when engaged in activities requiring alertness if you experience drowsiness, dizziness, depression, or a sensation of moving or moving objects during therapy with naproxen.

DRUG INTERACTIONS: The use of NSAIDs in patients who are receiving ACE inhibitors (eg, captopril, enalapril, lisinopril) may potentiate kidney disease states. Caution is advised when individuals receive the drug and a coumarin-type anticoagulant (eg, warfarin), hydantoin (eg, phenytoin), sulfonamide (eg, sulfisoxazole), or sulfonylurea (some diabetic agents), because interactions have been seen with other nonsteroidal agents of this class.
Naproxen and aspirin should not be taken together because the naproxen blood levels may be affected. Interactions with furosemide, lithium, probenecid, propranolol, and other drugs of the same class (ie, beta-blockers) may also occur. Caution should be used if naproxen is administered with methotrexate.
DRUG/LABORATORY TEST INTERACTIONS: If you are scheduled for any laboratory tests, tell your health care provider that you are taking Naprelan. Certain laboratory tests may be affected by Naprelan.

CARCINOGENESIS: Naprelan, like most prescription drugs, was required to be tested in animals before it was marketed for human use. Often these tests are conducted with higher drug concentrations than recommended for humans. No evidence of cancer was demonstrated in any of these tests. Your doctor can tell you more about what the results of these tests mean.

DURING PREGNANCY: There are no adequate and well-controlled studies in pregnant women. Therefore, Naprelan should be used during pregnancy only if clearly needed.

NURSING MOTHERS: Naprelan should be avoided if you are breast-feeding.

PEDIATRIC USE: No pediatric studies have been performed with Naprelan, thus safety of Naprelan in pediatric populations has not been established.

SIDE EFFECTS
As with all drugs in this class, the frequency and severity of adverse events depends on several factors: the dose of the drug and duration of treatment; your age, sex, physical condition, and any concurrent medical diagnoses or individual risk factors. The most frequent side effects experienced in the Naprelan clinical trials were headache, indigestion, and flu syndrome. Side effects that occurred in more than 1% of the patients studied are listed below. **Body as a Whole** — Back pain, pain, infection, fever, accidental injury, weakness, chest pain, headache, flu syndrome. **Gastrointestinal** — Nausea, diarrhea, constipation, abdominal pain, flatulence, inflammation of stomach membranes, vomiting, difficulty swallowing, indigestion. **Hematologic** — Anemia, small hemorrhagic spots in the skin. **Respiratory** — Inflammation of the throat, nasal congestion, sinusitis, bronchitis, cough increased. **Renal** — Urinary tract infection, inflammation of the bladder. **Dermatologic** — Skin rash. **Metabolic and Nutrition** — Swelling of the extremities, increased blood sugar. **Central Nervous System** — Dizziness, tingling sensation of the skin, insomnia. **Cardiovascular** — Hypertension. **Musculoskeletal** — Leg cramps, muscle pain, joint pain, joint disorder, tendon disorder.
Additional side effects, some of which may be considered serious, were reported; however, they occurred in less than 1% of the patients studied. These events are listed in the full prescribing information. Also see **Warnings** for information about gastrointestinal toxicity such as bleeding, ulceration, and perforation.

OTHER INFORMATION
Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.
Keep this drug and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.
This Summary provides the most important information about NAPRELAN. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.
This Brief Summary for Direct-to-Consumer Advertising is based on the current NAPRELAN Physician Insert CI 4685-2. Revised February 15, 1996

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Hospital Stay

continued from page 70

But 20 percent of hospitals don't submit to JCAHO scrutiny so it's not an absolute measure of quality.

Now, take a self-guided tour. Avoid visiting a hospital at meal times and during shift changes, usually 7 a.m., 3 p.m. and 11 p.m. Most hospital staffs are very busy then and won't have time to chat with you even briefly. Early afternoon and evening are ideal times for a visit.

Check for cleanliness, a knowledgeable staff, and whatever you personally find important, such as access to a quiet chapel. Discover, as Inlander says, "whether this is a place you want to spend a couple of days." Also talk to people you know in the medical field. Nurses are famous for their no-nonsense appraisals.

If your doctor or insurance company disagrees with your decision, most insurance companies have an appeal process. Use it. The choices are there, says John Connolly, E.d.D., author of *How to Find the Best Doctors, Hospitals, and HMOs for You and Your Family* (Castle Connolly Medical Ltd., 1995). "You just have to know how to exercise them."

Know who is doing what. Before being admitted, discuss your treatment at length with your doctor. Take another person along to ensure you are getting accurate information. Ask for relevant written materials and establish a specific time to call if you have any additional questions. Make sure you understand what will be done, why it will be done, and what to expect after recovery.

When admitted, request a copy of your medical records to take home, and ask that a daily billing summary be sent to your room. Some hospitals may balk. State legislatures have legally required this access to your medical record in about half of the United States, and in most other states, Inlander says, laws don't specifically prohibit patients from having their full records.

Schedule around-the-clock company. Hospitals may resist, but, Inlander says, the law is again on your side. You are legally allowed a visitor if medical care isn't disrupted.

Record everything from antibiotics to X rays in your personal hospital diary. Know, Dr. Connolly says, "who is doing what to you at all times"—including what medication you're receiving or why you're undergoing a specific test. Reduce the risk of infection by politely asking any employee touching you, or your food, to wash his or her hands, or to put on a pair of fresh rubber gloves.

If concerns arise, contact your doctor or the hospital's patient advocate or ombudsman. If a problem persists, contact specific department heads or the hospital's top executive. Direct communication will usually be enough.

Andi Terry, wary of radiation exposure, recently questioned a technician wheeling her toward a chest X-ray machine. The doctor had not discussed an X ray with Andi so she asked the technician if she really needed it.

"I think she was kind of surprised hat I spoke up," says Andi. "But she ally respected it. Five minutes later ne came back and said, 'OK, you on't need the X rays.' "

Paying the bill. If 95 percent of redit card bills were wrong, consumers would riot in the streets. But ttle protest followed a 1991 General Accounting Office survey evealing a 95 percent error rate on ospital bills.

Connolly says the complicated illing system is simply overwhelming. "Each piece of equipment, each ervice is generally delivered by a different person 24 hours a day," he ays. A billing clerk attempts to decipher the hurriedly scribbled notes nd numbered stickers representing ach action.

This convoluted system shows the alue of using your personal hospital liary and the daily billing statement o ease your own translation of the ospital bill.

Errors can "reach out and hit anybody," says Nancy Collins, R.N., coauthor of *An Insider's Guide to Understanding Your Hospital Bill* (Eggman Publishing, 1995). Redundant billings, errant decimal points, or extra zeros are easy to spot, but translating medical and billing terms is more complicated. For help, consider a company like Collins' Diversified Healthcare Information, Inc. They charge clients $45 to review hospital bills of less than $20,000. (For information, call 502/339-7822).

Not paying for services you didn't use may sound like a no-brainer, but accounting errors can sometimes add other patients' charges onto your bill. Also, fees are typically imposed for every professional who enters your hospital room, but not necessarily deducted if you don't use the service offered, such as physical therapy. If an X ray is ever unusable or a blood test contaminated, the hospital—not you—should pay for taking another one.

Remember, it's the little things that mean a lot—of money.

For More Information



- The Joint Commission on Accreditation of Healthcare Organizations, the nation's largest accrediting body, compiles performance reports on hospitals. For a free copy of hospitals in your area, call 630/792-5800.
- *Take This Book to the Hospital With You: A Consumer Guide to Surviving Your Hospital Stay* is a basic, how-to primer. Distributed through the People's Medical Society, it covers the whole process and includes a "hospital diary" form. Call 800/624-8773. Cost: $14.95.
- To order a copy of *Health Care Choices for Today's Consumer*, a practical guide to the bewildering health-care options of the '90s, call 800/699-6960. Cost: $14.95.

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Tanac Liquid quickly relieves painful mouth sores while they're disappearing with a highly effective, no-sting formula. In fact, when it comes to killing germs and stopping pain, there's nothing quite like Tanac Liquid. No wonder it's the medicated liquid pharmacists prefer. And for cold sores and fever blisters, try long-lasting Tanac Medicated Gel.

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In just the time it takes to comb your hair, you can apply ROGAINE. It's colorless, scent-free, and dries without a trace. And you can still use your gels, mousses and sprays and even color or perm your hair – so you'll look like you while your hair is regrowing. And in just 4 months, using ROGAINE twice a day, you can see results.



Medically proven to get to the root to grow hair.

Does ROGAINE work for everybody? No. But based on extensive research, there's a good chance ROGAINE can work for you. If you don't try it, you'll never know. To answer any other questions that may be going through your mind right now, call 1-800-ROGAINE (1-800-764-2463). Starting today, give yourself the chance to grow.



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Rogaine
FOR WOMEN

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Foods with "Phyte"



Broccoli, grapefruit, soybeans—
these and other plant foods are loaded with vitamins, minerals, and fiber, but they may offer even bigger bonuses.

While eating fruits, vegetables, and whole grains is a great way to ensure a healthful, low-fat diet, they also contain compounds called phytochemicals ("phyto" is Greek for plant). Scientists speculate that these phytochemicals may be one reason people who eat plenty of fruits and vegetables are less likely to develop cancer. These naturally occurring and readily available substances (*See* "A Shopping List of ...," *page 78*) may also reduce the risk of heart attacks and other chronic diseases.

Phytochemicals Fight Four Ways

The American Dietetic Association says that phytochemicals (also known as functional foods and neutriceuticals) "may have a beneficial role in health as part of a varied diet." The different phytochemicals (over 600 have been identified) are diverse in their actions, but they can be grouped into four basic categories:

- **Antioxidants:** These phytochemicals scavenge renegade molecules known as "free radicals." Free radicals cause the kind of cellular damage that can lead to cancer, heart disease, arthritis, and even aging.
- **Detoxifiers:** The phytochemicals in this category are believed to assist processes which allow a body to recognize—and destroy or eliminate—toxic components introduced into the body or produced by the body itself.

continued on page 78

by Mark Messina, Ph.D., and David Feder, R.D.



Fight Cancer.

Fight Harder.

Drink more Florida Orange Juice.

Now you can help yourself and the American Cancer Society.* Your purchase of Florida orange juice makes possible a donation to the American Cancer Society. **ARE YOU DRINKING ENOUGH?**

AMERICAN CANCER SOCIETY

*Low-fat diets rich in fruits and vegetables containing vitamin A, vitamin C and fiber may reduce the risk of some types of cancer. Florida orange juice is an excellent source of vitamin C

Foods with "Phyte"

continued from page 76

• **Hormone modulators:** Some phytochemicals, such as phytoestrogens, mimic the actions of certain hormones. This trait is a boon when the hormone in question is "overreacting" and triggering cell damage. For instance, estrogen has been linked to breast cancer in postmenopausal women.

Phytoestrogens, acting like less powerful replacements for estrogen, may help modulate the body's natural output of this potent hormone. Another way phytochemicals might modulate hormones like estrogen is by inhibiting their production from the beginning, before they can instigate cellular damage.

• **Cell regulators:** The phytochemicals classed as cell regulators help control the rampant cell growth characteristic of tumors, which are a collection of cancer cells whose growth is out of control. Phytochemicals that can check this wild process could inhibit or even halt the growth of some types of cancer.

All plant foods are rich in phytochemicals. Health authorities recommend eating at least five servings of them every day.

A Shopping List of Foods Filled with "Phyte"

All plant foods are rich in phytochemicals. Fruits and vegetables are especially loaded—one reason health authorities recommend eating at least five servings of fruits and vegetables every day. And, most phytochemicals are heat-stable so they won't break down during cooking. You can enjoy these foods for taste while you boost your intake of important phytochemicals.

Broccoli, kale, cabbage, Brussels sprouts, and other cruciferous vegetables contain phytochemicals that change the metabolism of estrogen in a way that may lower breast cancer risk and help neutralize carcinogens. Research suggests eating these vegetables reduces colon cancer risk, too.

Tomatoes and carrots contain high amounts of carotenoids, which give these and other vegetables their orange-reddish color. The most studied of these phytochemicals (and best-known) is beta-carotene. Carotenoids are powerful antioxidants. Lycopene, the predominant carotenoid in tomatoes, has been linked to reduced prostate cancer risk. Interestingly, cooking the tomatoes seems to help the body increase absorption of lycopene.

Presenting the 10 calorie, fat free cookie.



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Garlic, onions, leeks, chives, and shallots have groups of sulfur-containing phytochemicals called allyl sulfides. Such sulfur compounds show an ability to inhibit cancer development in laboratory animals and humans. Intake of these phytochemicals is associated with reduced stomach and colon cancer risk. Garlic, rich in allyl sulfide, has been used to treat many diseases and dysfunctions and is currently being studied for its potential to protect against heart disease by lowering both cholesterol and blood pressure.

Oranges, grapefruit, lemons, limes, and other citrus fruits are rich in limonenes and liminoids, which may increase the activity of an enzyme that detoxifies certain carcinogens. Limonenes and liminoids are also thought to bind to mutated cells and help the body eliminate them before they become carcinogenic. Some researchers believe these phytochemicals hold the greatest promise for reducing the risk of cancer, especially colon cancer.

Strawberries and raspberries are excellent sources of ellagic acid. Ellagic acid may inactivate carcinogens and inhibit free-radical formation, protecting the body from damage caused by tobacco smoke and air pollution.

Soybeans and soyfoods (such as tofu and soymilk) have been enjoyed for centuries in Asia, but scientists only recently started uncovering the health properties of these legumes. They contain isoflavone, a phytoestrogen being studied for its possible role in protecting against cancer, particularly breast and prostate cancer. They affect enzymes that control the growth of tumor cells and also function as antioxidants to help prevent heart disease.

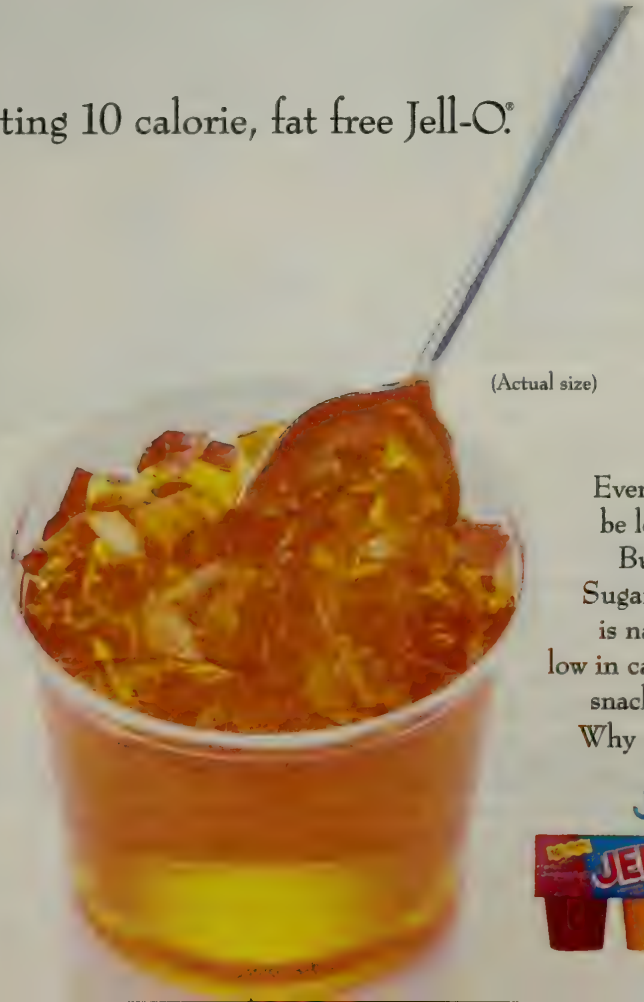
How Many "Phyte" Foods Should We Eat?

There is no recommended dietary allowance for phytochemicals. Some companies have been rushing pill forms to the market. The best thing about phytochemicals, however, is that they are already available in the inexpensive and great-tasting form of fruits, vegetables, grains, and beans.

Studies show that most Americans still eat only one to three servings of fruits and vegetables a day instead of the recommended five and also fail to include enough grains and beans in their diet. Phytochemicals can't help you fight cancer if they remain at the supermarket. Five servings of fruits and vegetables, two to three ounces of beans, and six to eleven servings of grains each day is more than just a low-fat diet—it's good food and good health you can count on.

Mark Messina, Ph.D., former program director at the National Cancer Institute, is coauthor of The Vegetarian Way *(Crown Publishing, 1996).*

Presenting 10 calorie, fat free Jell-O®

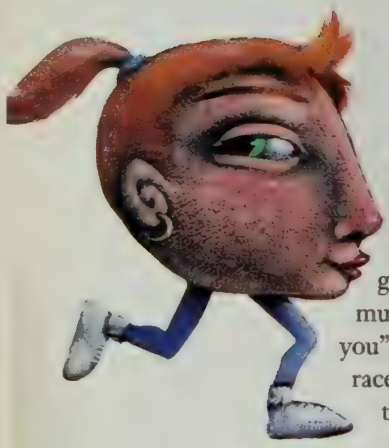


(Actual size)

Even fat free snacks can be loaded with calories. But cool, refreshing Sugar Free Jell-O Gelatin is naturally fat free and low in calories. So grab a Jell-O snack or make up a bowl. Why settle for just a bite?

Sugar Free





How Sick Is Too Sick to Exercise?

You may be the kind of person who insists on working out even when you're sick. Not a good idea. But if you feel you must because your team "needs you" or you're training for a 10K race next month, here is some practical advice.

William Primos, M.D., a sports medicine specialist in Charlotte, North Carolina, suggests following the "neck check" rule. If symptoms are above the neck (earache, stuffy nose, sneezing, or sore throat), then exercise—but start at half speed. If you feel OK after 10 minutes, proceed at normal intensity.

If symptoms are below the neck (bad cough, fever, vomiting, or diarrhea), forget it. Head for bed, not for the health club. Exercise exacerbates dehydration in your body, which is already dehydrated by your illness.

"Exercise stresses the body, which takes away some of its ability to heal," says Dr. Primos. Symptoms may worsen and sideline you even longer than the normal expected recovery.



Once you're completely healed, come back slowly. A good rule of thumb, says Dr. Primos, is to go easy for two days for each day that you were sick.

You Can Count on Pedometers

Electronic pedometers, which measure distance, are becoming almost pedestrian among walkers and runners. But just how accurate are they?

David R. Bassett Jr., Ph.D., of the University of Tennessee at Knoxville, studied five electronic pedometers that cost between $20–$30: Freestyle Pacer, Eddie Bauer, L.L. Bean, Yamax, and Accusplit. He attached the pedometers to the waists of 20 people who each walked 3 miles.

Here's how they work: Each contains a small lever arm that moves down with each step you take, causing an electrical response to be recorded. Distance is computed by multiplying the number of steps times your stride length.

Bassett found the pedometers to be accurate within 11 percent. The Yamax model came within 1 percent.

Walking surface didn't affect accuracy, but the pedometers were less accurate at slow speeds, probably because impact wasn't forceful enough for the lever to record. Once you have a pedometer reading, determine how many calories you burned per mile by using this simple formula: Your body weight divided by two equals calories burned per mile walked.

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FIGHT OSTEOPOROSIS BY LUGGING YOUR GOLF BAG

Carrying your golf bag as you play 18 holes won't lower your score, but it may help you lower your risk of osteoporosis and hip fractures.

A study of 74 female Japanese caddies, ranging in age from 20 to 59, found that they had higher bone density than an age-matched control group of office workers and housewives.

The caddies walked 5 miles a day three days a week while toting golf bags. Researchers believe the walking and weight of the bags loaded their bones, which helped the caddies maintain bone density and slow bone loss after menopause.

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K L E E N E X® C A R E S

Fitness Matters

continued from page 80



Young Mouths Need Protection

Most kids who play on organized football or hockey teams wear mouth guards because they have to, but only 7 percent of the rest of young athletes wear them.

This is troubling considering 15 to 17 percent of all sports injuries happen around the face. Every year, 5 million teeth are knocked out in sports such as basketball, baseball, soccer, volleyball, rollerblading, mountain biking, and the martial arts.

The good news is that mouth guards prevent 200,000 oral injuries each year, says H. Douglas Mougey, D.D.S., a dentist in Scottsdale, Arizona, and spokesman for the Academy of General Dentistry.

Most athletes who buy mouth guards get them from sporting goods stores. These $3 to $25 boil-and-bite guards are less protective against oral injuries and concussions, but are much less expensive than the $150 custom guards made by dentists (which usually are not covered by insurance). Dr. Mougey says the extra money is well worth it.

Custom mouth guards fit better and interfere less with breathing and speech; they're also more comfortable, he says, so young athletes are more likely to wear them. But he admits they're a tough sell to patients—until one of them loses a tooth.

"People don't think anything of paying $120 for sports shoes that last six months," he says. "But they wonder about paying a little more for a year or two of protecting your mouth. And if there's an injury, it could cost thousands of dollars to repair."

GINSENG LOSES IN THE RACE TO ENERGIZE RUNNERS

While many people believe ginseng is the root of extra energy, you can't prove it to Melvin Williams, Ph.D., at Old Dominion University. Williams put a group of highly trained runners through a battery of exercise tests. Every day for six weeks, they used either ginseng supplements or a like-tasting placebo. Test results all pointed to the same conclusion: "The ginseng we used was no different than the placebo," says Williams.

He admits it is possible that other forms of ginseng may work or that ginseng helps more with recovery or with untrained exercisers than with trained ones. And the placebo effect is not to be discounted. Just believing in ginseng might be enough to boost performance in some athletes.

Stomp Out Foot Odor

It's time to clear the air about an embarrassing problem that affects many exercisers: foot odor.

Michael Ramsey, M.D., a dermatologist at the Geisinger Medical Center in Danville, Pennsylvania, offers the following advice to patients who dread slipping off their shoes in the locker room.

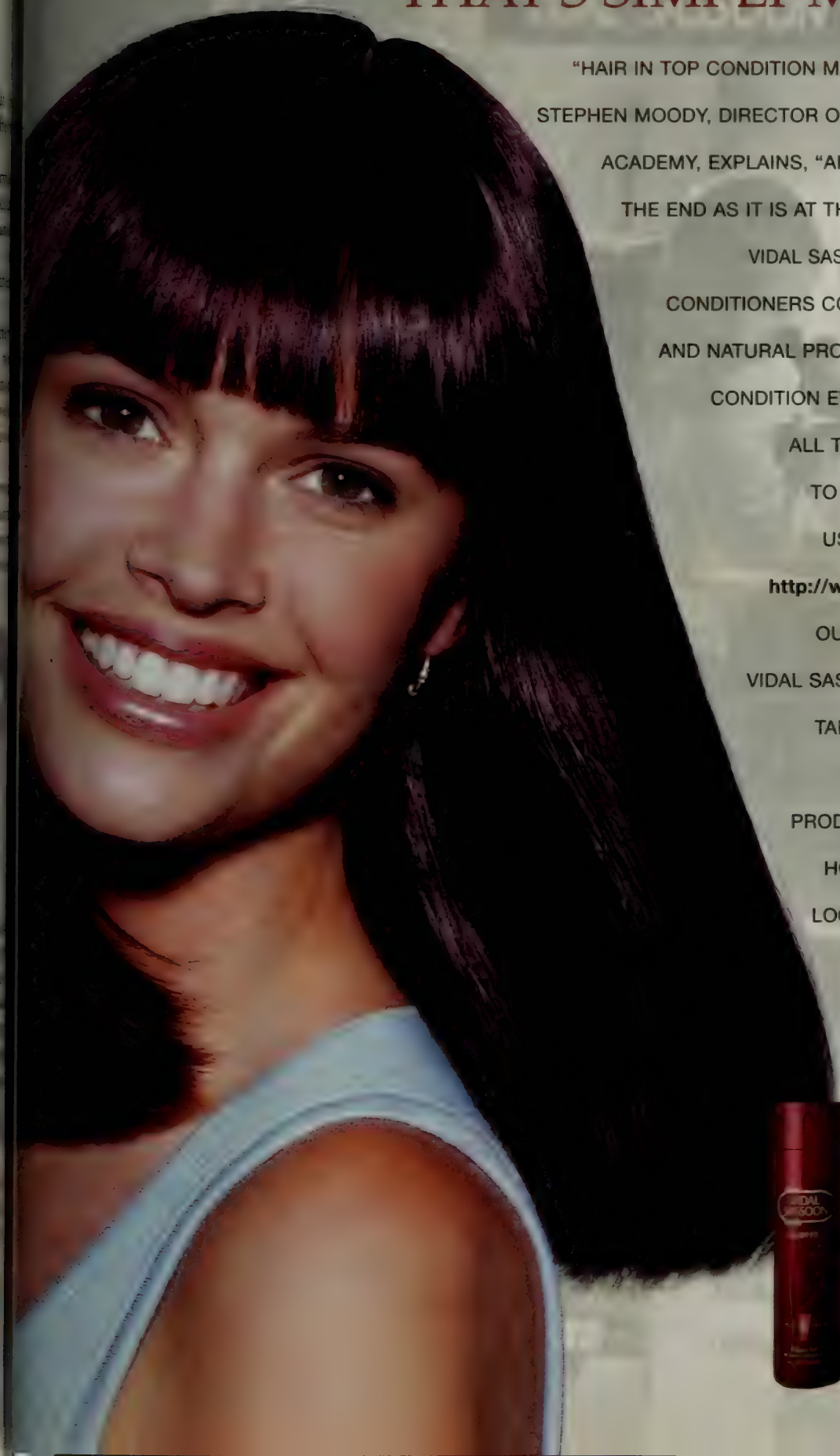
- Wash your feet with an antibacterial soap. Perspiration alone does not cause foul-smelling feet; perspiration and bacteria do. Dry the skin well. Consider using a hair dryer on a cool setting.
- After drying your feet, and even before a workout, spray an underarm antiperspirant containing aluminum chlorhydrate or aluminum chloride on your feet.



- Soak your feet in tea bags to reduce sweating. Brew two black tea bags in 1 pint of boiled water for 15 minutes. Add 2 quarts of cool water and soak your feet for 20 to 30 minutes. After 7 to 10 days, Dr. Ramsey says the tannic acid in the tea may work to decrease odor.
- Wear absorbent cotton socks and change them often.
- Wear shoes that "breathe," and alternate exercise shoes to allow each pair at least 24 hours to air out between workouts.
- Check with your doctor about stronger measures. He or she may recommend using an over-the-counter or even prescription drug to cure the foot odor.

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SASSOON CARE. FOR HAIR THAT'S SIMPLY MOVING.



"HAIR IN TOP CONDITION MOVES A CERTAIN WAY," STEPHEN MOODY, DIRECTOR OF THE VIDAL SASSOON ACADEMY, EXPLAINS, "AND IT'S AS SMOOTH AT THE END AS IT IS AT THE ROOT." THAT'S WHY VIDAL SASSOON SHAMPOOS AND CONDITIONERS CONTAIN MOISTURIZERS AND NATURAL PROTEIN TO SMOOTH AND CONDITION EVERY STRAND OF HAIR ALL THE WAY TO THE ENDS. TO FIND OUT MORE, VISIT US ON THE INTERNET AT **http://www.vidalsassoon.com.** OUR EXPERTS FROM THE VIDAL SASSOON ACADEMY WILL TAKE YOU ON A TOUR OF HAIRSTYLES, TRENDS, PRODUCTS AND ADVICE ON HOW TO GET THE RIGHT LOOK FOR YOU. SO STOP BY ANYTIME. WE'RE ALWAYS OPEN.



You'd give your life for them. But that's not what they want.

They just want you to stay healthy.



The fact is, you could be at risk of having a first heart attack, if you have high cholesterol.

PRAVACHOL is proven to help prevent a first heart attack.

RAVACHOL is the only olesterol-lowering drug its kind proven to help event a first heart attack. nd the grim fact of the atter is, up to 33% of ople do not survive their st heart attack. mproving your diet d exercise is important, t may not be enough. , ask your doctor about avachol. It may help you e a longer, healthier life.

PRAVACHOL, when used with diet, is proven to reduce the risk of a first heart attack, lower the risk of death from heart disease, and lessen the risk of heart surgery, based on a new landmark five-year study including over 6,500 males with high cholesterol and no evidence of heart disease. PRAVACHOL is a prescription drug, so you should ask your doctor or healthcare professional if PRAVACHOL is right for you. Some side effects, such as slight rash or mild stomach upset, occur in about 2–4% of patients. PRAVACHOL should not be taken by women who are pregnant or nursing, people who are allergic to any of its ingredients or by anyone with liver disease. Your doctor may perform blood tests to check your liver function before and during treatment. Tell your doctor right away if you experience any muscle pain or weakness, as it may be a sign of a rare, but serious side effect. Be sure to mention any medications you are taking so any possible serious drug interactions can be avoided. Please see important information on the next page.

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PRAVACHOL helps prevent first heart attacks.

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PRAVACHOL®

Pravastatin Sodium Tablets

CONTRAINDICATIONS: Hypersensitivity to any component of this medication. Active liver disease or unexplained, persistent elevations in liver function tests (see **WARNINGS**). *Pregnancy and lactation.* Atherosclerosis is a chronic process and discontinuation of lipid-lowering drugs during pregnancy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential components for fetal development (including synthesis of steroids and cell membranes). Since HMG-CoA reductase inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they may cause fetal harm when administered to pregnant women. Therefore, HMG-CoA reductase inhibitors are contraindicated during pregnancy and in nursing mothers. **Pravastatin should be administered to women of childbearing age only when such patients are highly unlikely to conceive and have been informed of the potential hazards.** If the patient becomes pregnant while taking this class of drug, therapy should be discontinued and the patient apprised of the potential hazard to the fetus. **WARNINGS: Liver Enzymes —** HMG-CoA reductase inhibitors, like some other lipid-lowering therapies, have been associated with biochemical abnormalities of liver function. Increases of serum transaminase (ALT, AST) values to more than 3 times the upper limit of normal occurring on 2 or more (not necessarily sequential) occasions have been reported in 1.3% of patients treated with pravastatin in the US over an average period of 18 months. These abnormalities were not associated with cholestasis and did not appear to be related to treatment duration. In those patients in whom these abnormalities were believed to be related to pravastatin and who were discontinued from therapy, the transaminase levels usually fell slowly to pretreatment levels. These biochemical findings are usually asymptomatic although worldwide experience indicates that anorexia, weakness, and/or abdominal pain may also be present in rare patients. **It is recommended that liver function tests be performed before the initiation of treatment, at 6 and 12 weeks after initiation of therapy or elevation in dose, and periodically thereafter (e.g., semiannually).** Patients who develop increased transaminase levels should be monitored with a second liver function evaluation to confirm the finding and be followed thereafter with frequent liver function tests until the abnormality(ies) return to normal. Should an increase in AST or ALT of three times the upper limit of normal or greater persist, withdrawal of pravastatin therapy is recommended. Active liver disease or unexplained transaminase elevations are contraindications to the use of pravastatin (see **CONTRAINDICATIONS**). Caution should be exercised when pravastatin is administered to patients with a history of liver disease or heavy alcohol ingestion (see **CLINICAL PHARMACOLOGY: Pharmacokinetics/Metabolism**). Such patients should be closely monitored, started at the lower end of the recommended dosing range, and titrated to the desired therapeutic effect. **Skeletal Muscle — Rare cases of rhabdomyolysis with acute renal failure secondary to myoglobinuria have been reported with pravastatin and other drugs in this class.** Uncomplicated myalgia has also been reported in pravastatin-treated patients (see **ADVERSE REACTIONS**). Myopathy, defined as muscle aching or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values to greater than 10 times the upper normal limit, was rare (< 0.1%) in pravastatin clinical trials. Myopathy should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever. **Pravastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. Pravastatin therapy should also be temporarily withheld in any patient experiencing an acute or serious condition predisposing to the development of renal failure secondary to rhabdomyolysis, e.g., sepsis; hypotension; major surgery; trauma; severe metabolic, endocrine, or electrolyte disorders; or uncontrolled epilepsy.** The risk of myopathy during treatment with another HMG-CoA reductase inhibitor is increased with concurrent therapy with either erythromycin, cyclosporine, niacin, or fibrates. However, neither myopathy nor significant increases in CPK levels have been observed in three reports involving a total of 100 post-transplant patients (24 renal and 76 cardiac) treated for up to two years concurrently with pravastatin 10-40 mg and cyclosporine. Some of these patients also received other concomitant immunosuppressive therapies. In one single-dose study, pravastatin levels were found to be increased in cardiac transplant patients receiving cyclosporine. Further, in clinical trials involving small numbers of patients who were treated concurrently with pravastatin and niacin, there were no reports of myopathy. Also, myopathy was not reported in a trial of combination pravastatin (40 mg/day) and gemfibrozil (1200 mg/day), although 4 of 75 patients on the combination showed marked CPK elevations versus one of 73 patients receiving placebo. There was a trend toward more frequent CPK elevations and patient withdrawals due to musculoskeletal symptoms in the group receiving combined treatment as compared with the groups receiving placebo, gemfibrozil, or pravastatin monotherapy (see **PRECAUTIONS: Drug Interactions**). **The use of fibrates alone may occasionally be associated with myopathy. The combined use of pravastatin and fibrates should be avoided unless the benefit of further alterations in lipid levels is likely to outweigh the increased risk of this drug combination. PRECAUTIONS: General —** Pravastatin may elevate creatinine phosphokinase and transaminase levels (see **ADVERSE REACTIONS**). This should be considered in the differential diagnosis of chest pain in a patient on therapy with pravastatin. *Homozygous Familial Hypercholesterolemia.* Pravastatin has not been evaluated in patients with rare homozygous familial hypercholesterolemia. In this group of patients, it has been reported that HMG-CoA reductase inhibitors are less effective because the patients lack functional LDL receptors. *Renal Insufficiency.* A single 20 mg oral dose of pravastatin was administered to 24 patients with varying degrees of renal impairment (as determined by creatinine clearance). No effect was observed on the pharmacokinetics of pravastatin or its 3α-hydroxy isomeric metabolite (SQ 31,906). A small increase was seen in mean AUC values and half-life ($t^1/_2$) for the inactive enzymatic ring hydroxylation metabolite (SQ 31,945). Given this small sample size, the dosage administered, and the degree of individual variability, patients with renal impairment who are receiving pravastatin should be closely monitored. **Information for Patients —** Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever. **Drug Interactions —** *Immunosuppressive Drugs, Gemfibrozil, Niacin (Nicotinic Acid), Erythromycin:* See **WARNINGS: Skeletal Muscle**. *Antipyrine:* Since concomitant administration of pravastatin had no effect on the clearance of antipyrine, interactions with other drugs metabolized via the same hepatic cytochrome isozymes are not expected. *Cholestyramine/Colestipol:* Concomitant administration resulted in an approximately 40 to 50% decrease in the mean AUC of pravastatin. However, when pravastatin was administered 1 hour before or 4 hours after cholestyramine or 1 hour before colestipol and a standard meal, there was no clinically significant decrease in bioavailability or therapeutic effect. (See **DOSAGE AND ADMINISTRATION: Concomitant Therapy**.) *Warfarin:* In a study involving 10 healthy male subjects given pravastatin and warfarin concomitantly for 6 days, bioavailability parameters at steady state for pravastatin (parent compound) were not altered. Pravastatin did not alter the plasma protein-binding of warfarin. Concomitant dosing did increase the AUC and Cmax of warfarin but did not produce any changes in its anticoagulant action (i.e., no increase was seen in mean prothrombin time after 6 days of concomitant therapy). However, bleeding and extreme prolongation of prothrombin time has been reported with another drug in this class. Patients receiving warfarin-type anticoagulants should have their prothrombin times closely monitored when pravastatin is initiated or the dosage of pravastatin is changed. *Cimetidine:* The $AUC_{0\text{-}12\ hr}$ for pravastatin when given with cimetidine was not significantly different from the AUC for pravastatin when given alone. A significant difference was observed between the AUC's for pravastatin when given with cimetidine compared to when administered with antacid. *Digoxin:* In a crossover trial involving 18 healthy male subjects given pravastatin and digoxin concurrently for 9 days, the bioavailability parameters of digoxin were not affected. The AUC of pravastatin tended to increase, but the overall bioavailability of pravastatin plus its metabolites SQ 31,906 and SQ 31,945 was not altered. *Cyclosporine:* Some investigators have measured cyclosporine levels in patients on pravastatin, and to date, these results indicate no clinically meaningful elevations in cyclosporine levels. In one single-dose study, pravastatin levels were found to be increased in cardiac transplant patients receiving cyclosporine. *Gemfibrozil:* In a crossover study in 20 healthy male volunteers given concomitant single doses of pravastatin and gemfibrozil, there was a significant decrease in urinary excretion and protein binding of pravastatin. In addition, there was a significant increase in AUC, Cmax, and Tmax for the pravastatin metabolite SQ 31,906. Combination therapy with pravastatin and gemfibrozil is generally not recommended. In interaction studies with *aspirin, antacids* (1 hour prior to PRAVACHOL), *cimetidine, nicotinic acid,* or *probucol,* no statistically significant differences in bioavailability were seen when PRAVACHOL (pravastatin sodium) was administered. *Other Drugs:* During clinical trials, no noticeable drug interactions were reported when PRAVACHOL was added to: diuretics, antihypertensives, digitalis, ACE inhibitors, calcium channel blockers, beta-blockers, or nitroglycerin. **Endocrine Function —** HMG-CoA reductase inhibitors interfere with cholesterol synthesis and lower circulating cholesterol levels and, as such, might theoretically blunt adrenal or gonadal steroid hormone production. Results of clinical trials with pravastatin in males and post-menopausal females were inconsistent with regard to possible effects of the drug on basal steroid hormone levels. In a study of 21 males, the mean testosterone response to human chorionic gonadotropin was significantly reduced ($p < 0.004$) after 16 weeks of treatment with 40 mg of pravastatin. However, the percentage of patients showing a ≥ 50% rise in plasma testosterone after human chorionic gonadotropin stimulation did not change significantly after therapy in these patients. The effects of HMG-CoA reductase inhibitors on spermatogenesis and fertility have not been studied in adequate numbers of patients. The effects, if any, of pravastatin on the pituitary-gonadal axis in pre-menopausal females are unknown. Patients treated with pravastatin who display clinical evidence of endocrine dysfunction should be evaluated appropriately. Caution should also be exercised if an HMG-CoA reductase inhibitor or other agent used to lower cholesterol levels is administered to patients also receiving other drugs (e.g., ketoconazole, spironolactone, cimetidine) that may diminish the levels or activity of steroid hormones. **CNS Toxicity —** CNS vascular lesions, characterized by perivascular hemorrhage and edema and mononuclear cell infiltration of perivascular spaces, were seen in dogs treated with pravastatin at a dose of 25 mg/kg/day, a dose that produced a plasma drug level about 50 times higher than the mean drug level in humans taking 40 mg/day. Similar CNS vascular lesions have been observed with several other drugs in this class. A chemically similar drug in this class produced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) in clinically normal dogs in a dose-dependent fashion starting at 60 mg/kg/day, a dose that produced mean plasma drug levels about 30 times higher than the mean drug level in humans taking the highest recommended dose (as measured by total enzyme inhibitory activity). This same drug also produced vestibulocochlear Wallerian-like degeneration and retinal ganglion cell chromatolysis in dogs treated for 14 weeks at 180 mg/kg/day, a dose which resulted in a mean plasma drug level similar to that seen with the 60 mg/kg/day dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility —** In a study in rats fed pravastatin at doses of 10, 30, or 100 mg/kg body weight, there was an increased in of hepatocellular carcinomas in males at the highest dose ($p < 0.01$). Although rats were given up times the human dose (HD) on a mg/kg body weight basis, serum drug levels were only 6 to 10 time than those measured in humans given 40 mg pravastatin as measured by AUC. The oral administrati 30, or 100 mg/kg (producing plasma drug levels approximately 0.5 to 5.0 times the human drug lev mg) of pravastatin to mice for 22 months resulted in a statistically significant increase in the inci malignant lymphomas in treated females when all treatment groups were pooled and compared to ($p < 0.05$). The incidence was not dose-related and male mice were not affected. A chemically sim in this class was administered to mice for 72 weeks at 25, 100, and 400 mg/kg body weight, which in mean serum drug levels approximately 3, 15, and 33 times higher than the mean human ser concentration (as total inhibitory activity) after a 40 mg oral dose. Liver carcinomas were sign increased in high-dose females and mid- and high-dose males, with a maximum incidence of 90 pe males. The incidence of adenomas of the liver was significantly increased in mid- and high-dose f Drug treatment also significantly increased the incidence of lung adenomas in mid- and high-dose m females. Adenomas of the eye Harderian gland (a gland of the eye of rodents) were significantly h high-dose mice than in controls. No evidence of mutagenicity was observed *in vitro*, with or without metabolic activation, in the following studies: microbial mutagen tests, using mutant strains of *Sa typhimurium* or *Escherichia coli*; a forward mutation assay in L5178Y TK +/- mouse lymphoma chromosomal aberration test in hamster cells; and a gene conversion assay using *Saccharomyces ce* In addition, there was no evidence of mutagenicity in either a dominant lethal test in mice or a micro test in mice. In a study in rats, with daily doses up to 500 mg/kg, pravastatin did not produce any effects on fertility or general reproductive performance. However, in a study with another HMG-CoA re inhibitor, there was decreased fertility in male rats treated for 34 weeks at 25 mg/kg body weight, this effect was not observed in a subsequent fertility study when this same dose was administere weeks (the entire cycle of spermatogenesis, including epididymal maturation). In rats treated with th reductase inhibitor at 180 mg/kg/day, seminiferous tubule degeneration (necrosis and loss of sperma epithelium) was observed. Although not seen with pravastatin, two similar drugs in this class caus related testicular atrophy, decreased spermatogenesis, spermatocytic degeneration, and giant cell t in dogs. The clinical significance of these findings is unclear. **Pregnancy: Pregnancy Category X. CONTRAINDICATIONS**. Safety in pregnant women has not been established. Pravastatin was not ter in rats at doses up to 1000 mg/kg daily or in rabbits at doses of up to 50 mg/kg daily. These doses in 20x (rabbit) or 240x (rat) the human exposure based on surface area (mg/meter^2). However, in stu another HMG-CoA reductase inhibitor, skeletal malformations were observed in rats and mice. Th been one report of severe congenital bony deformity, tracheo-esophageal fistula, and anal atresi association) in a baby born to a woman who took another HMG-CoA reductase inhibit dextroamphetamine sulfate during the first trimester of pregnancy. PRAVACHOL (pravastatin sodium be administered to women of child-bearing potential only when such patients are highly unlikely to c and have been informed of the potential hazards. If the woman becomes pregnant while taking PRA (pravastatin sodium), it should be discontinued and the patient advised again as to the potential ha the fetus. **Nursing Mothers —** A small amount of pravastatin is excreted in human breast milk. Bec the potential for serious adverse reactions in nursing infants, women taking PRAVACHOL should nc (see **CONTRAINDICATIONS**). **Pediatric Use —** Safety and effectiveness in individuals less than 18 y have not been established. Hence, treatment in patients less than 18 years old is not recommended time. **ADVERSE REACTIONS:** Pravastatin is generally well tolerated; adverse reactions have usual mild and transient. In 4-month long placebo-controlled trials, 1.7% of pravastatin-treated patients an of placebo-treated patients were discontinued from treatment because of adverse experiences attrib study drug therapy; this difference was not statistically significant. In long-term studies, the most c reasons for discontinuation were asymptomatic serum transaminase increases and mild, non- gastrointestinal complaints. During clinical trials the overall incidence of adverse events in the elde not different from the incidence observed in younger patients. **Adverse Clinical Events —** All clinical events (regardless of attribution) reported in more than 2% of pravastatin-treated patients placebo-controlled trials are identified in the table below; also shown are the percentages of pat whom these medical events were believed to be related or possibly related to the drug:

	All Events		Events Attributed to Study Drug	
Body System/Event	**Pravastatin (N = 900) %**	**Placebo (N = 411) %**	**Pravastatin (N = 900) %**	**Plac (N = %**
Cardiovascular				
Cardiac Chest Pain	4.0	3.4	0.1	0.
Dermatologic Rash	4.0*	1.1	1.3	0.
Gastrointestinal				
Nausea/Vomiting	7.3	7.1	2.9	3.
Diarrhea	6.2	5.6	2.0	1.
Abdominal Pain	5.4	6.9	2.0	3.
Constipation	4.0	7.1	2.4	5.
Flatulence	3.3	3.6	2.7	3.
Heartburn	2.9	1.9	2.0	0.
General				
Fatigue	3.8	3.4	1.9	1.
Chest Pain	3.7	1.9	0.3	0.
Influenza	2.4*	0.7	0.0	0.
Musculoskeletal				
Localized Pain	10.0	9.0	1.4	1.
Myalgia	2.7	1.0	0.6	0.
Nervous System				
Headache	6.2	3.9	1.7*	0.
Dizziness	3.3	3.2	1.0	0.
Renal/Genitourinary				
Urinary Abnormality	2.4	2.9	0.7	1.
Respiratory				
Common Cold	7.0	6.3	0.0	0.
Rhinitis	4.0	4.1	0.1	0.
Cough	2.6	1.7	0.1	0.

*Statistically significantly different from placebo.

In the Pravastatin Primary Prevention Study (West of Scotland Coronary Prevention Study) (see **CLI PHARMACOLOGY: Clinical Studies**) involving 6595 patients treated with PRAVACHOL (pravastatin sc (N = 3302) or placebo (n = 3293) the adverse event profile in the pravastatin group was comparable of the placebo group over the median 4.8 years of the study. The following effects have been reporte drugs in this class; not all the effects listed below have necessarily been associated with pravastatin th *Skeletal:* myopathy, rhabdomyolysis, arthralgia. *Neurological:* dysfunction of certain cranial nerves (incl alteration of taste, impairment of extra-ocular movement, facial paresis), tremor, vertigo, memory paresthesia, peripheral neuropathy, peripheral nerve palsy, anxiety, insomnia, depression. *Hypersens Reactions:* An apparent hypersensitivity syndrome has been reported rarely which has included one or of the following features: anaphylaxis, angioedema, lupus erythematous-like syndrome, polym rheumatica, dermatomyositis, vasculitis, purpura, thrombocytopenia, leukopenia, hemolytic anemia, po ANA, ESR increase, eosinophilia, arthritis, arthralgia, urticaria, asthenia, photosensitivity, fever, chills, flu malaise, dyspnea, toxic epidermal necrolysis, erythema multiforme, including Stevens-Johnson synd *Gastrointestinal:* pancreatitis, hepatitis, including chronic active hepatitis, cholestatic jaundice, fatty c in liver, and, rarely, cirrhosis, fulminant hepatic necrosis, and hepatoma; anorexia, vomiting. *Skin:* alo pruritus. A variety of skin changes (e.g., nodules, discoloration, dryness of skin/mucous membranes, cha to hair/nails) have been reported. *Reproductive:* gynecomastia, loss of libido, erectile dysfunction. progression of cataracts (lens opacities), ophthalmoplegia. *Laboratory Abnormalities:* ele transaminases, alkaline phosphatase, and bilirubin; thyroid function abnormalities. **Laboratory Abnormalities —** Increases in serum transaminase (ALT, AST) values and CPK have been observed **WARNINGS**). Transient, asymptomatic eosinophilia has been reported. Eosinophil counts usually return normal despite continued therapy. Anemia, thrombocytopenia, and leukopenia have been reported with HMG-CoA reductase inhibitors. **Concomitant Therapy —** Pravastatin has been administered concurrently cholestyramine, colestipol, nicotinic acid, probucol and gemfibrozil. Preliminary data suggest that the ad of either probucol or gemfibrozil to therapy with lovastatin or pravastatin is **not** associated with gr reduction in LDL-cholesterol than that achieved with lovastatin or pravastatin alone. No adverse reac unique to the combination or in addition to those previously reported for each drug alone have been repo Myopathy and rhabdomyolysis (with or without acute renal failure) have been reported when another H CoA reductase inhibitor was used in combination with immunosuppressive drugs, gemfibrozil, erythrom or lipid-lowering doses of nicotinic acid. Concomitant therapy with HMG-CoA reductase inhibitors and agents is generally not recommended. (See **WARNINGS: Skeletal Muscle** and **PRECAUTIONS: Interactions**.) **OVERDOSAGE:** To date, there are two reported cases of overdosage with pravastatin, bo which were asymptomatic and not associated with clinical laboratory abnormalities. If an overdose occu should be treated symptomatically and supportive measures should be instituted as required.

CAUTION: Federal (USA) law prohibits dispensing without prescription.

Consult package insert before prescribing PRAVACHOL® (pravastatin sodium).

Revised July 1996
D3-B001-7-96

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Diamond Jubilee™ Rose

To celebrate the 75th birthday of *Better Homes and Gardens®* magazine, we've had this stunning rose grown exclusively for our readers.

***Better Homes and Gardens®* Diamond Jubilee™** is a silvery cream hybrid tea rose with deep raspberry edges. A homegrown American rose (originally hybridized in California), it has been grown for us by Certified Roses. This anniversary rose is available *exclusively* from the pages of our magazine and is not available in nurseries or from catalog or mail order outlets.

Our rose features buds with high centers perfect for cutting. Bushes produce large, tall plants about 5½ feet high. The foliage is large and dark green with a leathery texture. Strong stems produce single blooms, and flower production is continuous throughout the season. Blooms have a slightly fruity fragrance. Bushes require a minimum of care; are above average in disease tolerance; and, with normal care, are cold tolerant to Zone 3.

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To Order with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, send us a note indicating how many *Better Homes and Gardens®* Diamond Jubilee™ roses you desire. Calculate the total due using the prices shown, *above right.* (Please include the one-time charge for shipping, handling, and tax.) Then send that note along with your name, street address (no P.O. boxes, please), and a check or money order for the full amount to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 9702, Box 9128, Des Moines, IA 50306-9128.



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reader shopping

Our Picks for 1997

Better Homes and Gardens® magazine has made arrangements with rose growers, seed suppliers, and nurseries all across the country to offer our readers the opportunity to purchase many of the "picks" shown in the gardening feature appearing on *pages 105 to 114.*

Roses

By special arrangement with Edmunds' Roses, we have a supply of **Iceberg** (*page 106*), **Artistry, Timeless,** and **Scentimental** (*page 107*) available for purchase. The bareroot roses will be shipped at the proper time for planting in your zone (approximately January 15, 1997, to May 20, 1997). The price for one rose is $18.95, two roses cost $34.95, and three roses cost $49.95. Additional roses cost $15.00 each. A charge of $9.00 per order (regardless of the number of roses ordered) will be added for shipping, handling, and applicable sales tax. *Please order early; quantities are limited.*

Seeds

From J.W. Jung Seed Company, this **Our Picks Seed Package** includes one packet each of Dynamo Hybrid cabbage (100 seeds), Cajun Delight Hybrid okra (25 seeds), Crystal White augustifolia zinnia (25 seeds), and Lavatera trimestris mixed colors (100 seeds). The price of the package is $12.95, which includes shipping, handling, and applicable sales tax.

Perennial

Our package of **May Night Salvia** (*page 108*) contains five plants. Shipments will be made at the proper time for planting in your zone (approximately March 15 to May 31, 1997). The price of the package is $24.95, which includes shipping, handling, and applicable sales tax.

Vine

Our package of **Sweet Autumn Clematis** (*page 111*) contains three vines. Shipments will be made at the proper time for your zone (approximately March 15 to May 31, 1997). The price of the package is $37.95, which includes shipping, handling, and applicable sales tax.

Ground Cover

Our package of **Euonymus Fortunei Variegata** (*page 111*) contains five plants. Shipments will be made at the proper time for planting in your zone (approximately March 15 to May 31, 1997). The price of the package is $26.95, which includes shipping, handling, and applicable sales tax.

TO ORDER: Call *Better Homes and Gardens* Reader Shopping Service toll free at 800/881-4066 to order with your Mastercard, Visa, or American Express card. To order by mail, send us a note indicating which items you desire. Calculate the total amount due using the prices shown, above. (If ordering roses, please include the one-time charge for shipping, handling, and tax.) Send that note along with your name, street address, and a check or money order to: *Better Homes and Gardens* Reader Shopping Service, Dept. 9702, Box 9128, Des Moines, IA 50306-9128. *Sorry, we are unable to ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*

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LOUIS RICH. What'll you make of it?

gardening

Perfect Pairs

by Craig Summers Black

A successful garden is more than a collection of plants. It is a landscape of relationships—an interweaving of color, texture, shape, and size. "Perfect Pairs" is a new occasional feature that will examine exemplary plant combinations, showing how these combos work in the landscape and why.





Three garden standbys (*above*) make a bold statement as companions. A billowing pink-and-white Hibiscus Disco Belle and the tiny yellow Coreopsis Moonbeam pair seamlessly, with Artemisia Silver King providing transition.

Silver-gray again eases striking interplay (*left*), as velvety lamb's-ears quiet the clash of brown-and-butter Rudbeckia Goldsturm and the royal-lavender mini-blossoms of Aster frikartii Monch.

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What'll you make of it?



What'll you make of it? That's something we'd like to know at Louis Rich. Tell us, and you could win three months rent at a summer cottage–or $15,000–in our It's My Sandwich Contest. Just send us your sandwich recipe, and tell us in 30 words or less how your sandwich creation fits your personality. Five finalists will fly to Cape Cod, Massachusetts for judging, with the grand prize winner spending the summer on Cape Cod or pocketing a pretty penny. So put your creativity to work and your pen to paper, and tell us what you make of it.



LOUIS RICH® It's My Sandwich Contest.

Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: ROMANTIC BED CANOPIES

Page 19: checked fabric, "Keepsake Check" (Garnet); **red floral fabric,** "Stonington" (Garnet); **toile fabric,** "Country Life" (Garnet)—Waverly, 800/423-5881. **Shaker boxes**—Shaker Style Boxes by Rosie, 22306 Kramer, Saint Clair Shores, MI 48080; 810/776-6222.

Page 20: floral panel fabric, "Summer Rose" (Berry); **checked panel fabric,** "Keepsake Check" (Tiger Lily)—Waverly; 800/423-5881. **Comforter, dust ruffle, and pillows,** "Summer Rose" (Berry)—Waverly Home Fashions; 800/423-5881. **Decorative brackets,** "Andover" 1117—Vintage Wood Works, Highway 34 South, P.O. Box R, No. 3261, Quinlan, TX 75474; 903/356-2158; catalog $2.

Page 22: dust ruffle, bed sheet, and pillow, "Anchor" (Indigo); **floral pillow,** "Rosewood" (Indigo)—Waverly Home Fashions; 800/423-5881. **Striped panel fabric,** "Nautical" (Indigo)—Waverly; 800/423-5881. **Floral sheets,** "In Full Bloom"—Liz Claiborne Liz at Home; 800/527-7522. **Wrought-iron crane,** similar styles available—Country Curtains, Red Lion Inn, Stockbridge, MA 01262; 800/456-0321. **All other items shown**—antique or a personal belonging.

Page 24: fitted sheet, "Charisma Classic"; **duvet cover, pillow shams,** "Charisma Lace"; **floral sheets, sheet canopy, dust ruffle, and pillow shams,** "Primrose Path" by Ellen Tracy Home Collection—Fieldcrest-Cannon, Inc.; for a retailer near you call 800/841-3336. **Wallpaper,** "Raita Stripe" from the Basics Collection—Marimekko; for a distributor near you call 905/791-1547.

WINTER WHITES

Page 31: organdy bed-curtain panels and bed linens, "Organdy Delight"—by Collier Campbell for Wamsutta; for more information call 800/344-2142. **Bed**—antique. **Folding screen**—handmade.

Page 32: hotel towel on tub and footstool, "Ribbed" (White); **hotel towel on tub,** "Shells" (White); **hotel towel on footstool,** "Leaves" (White); **hotel towel on hook,** "Stripes" (White); **bath rug,** "Trellis Non-Skid" (Parchment)—Coming Home with Lands' End Catalog; 800/345-3696.

Pages 34–36: all items shown—antique, discontinued, or a personal belonging.

OUR PICKS

Pages 106-107: Iceberg rose—Wayside Gardens, P.O. Box 1, Hodges, SC 29695; 800/845-1124; free catalog. Roses of Yesterday and Today, 803 Brown's Valley Rd., Watsonville, CA 95076; 408/724-2755; catalog $3. **All-America roses**—Witherspoon Rose Culture, P.O. Box 52489, Durham, NC 27717; 800/643-0315; free catalog. Jackson & Perkins, P.O. Box 1028, Medford, OR 97501; 800/292-4796; free catalog. Edmunds' Roses, 6235 SW. Kahle Rd., Wilsonville, OR 97070; 503/682-1476; free catalog. Spring Hill Nurseries, 6523 N. Galena Rd., Peoria, IL 61632; 309/689-3800; free catalog.

Pages 108–109: Salvia May Night—Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog. White Flower Farm, Rt. 63, Litchfield, CT 06759; 800/503-9624; free catalog. **Lavatera**—Select Seeds Antique Flowers, 180 Stickney Rd., Union, CT 06076; 203/684-9310; catalog $3. Stokes Seed Co., P.O. Box 548, Buffalo, NY 14240; 716/695-6980; free catalog. Thompson & Morgan, P.O. Box 1308, Farraday and Gramme Aves., Jackson, NJ 08527; 800/274-7333; free catalog.

Pages 110–111: American fringe tree—Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 503/846-7269; catalog $3. Arborvillage Farm Nursery, 15604 County Rd. CC, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. Carroll Gardens, P.O. Box 310, 444 E. Main St., Westminster, MD 21157; 800/638-6334; catalog $3. Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 503/686-8266; catalog $3. **Sweet Autumn clematis**—Milaeger's Gardens, 4838 Douglas Ave., Racine, WI 53402; 414/639-2371; catalog $1. Carroll Gardens (address above). **Cardinal climber**—J.L. Hudson, Seedsman, Star Rt. 2, Box 337, La Honda, CA 94020; no phone orders; catalog $1. Select Seeds Antique Flowers (address above). **Euonymous**—Forestfarm (address above).

Pages 112–113: tulip—Daffodil Mart, 7463 Heath Trail, Gloucester, VA 23061; 804/693-3966; free catalog. John Scheepers, P.O. Box 700, Bantam, CT 06750; 203/567-0838; free catalog. **All-America Selections**—Park Seed Co., Cokesbury Rd., Greenwood, SC 29647; 800/845-3369; free catalog. R.H. Shumway Seedsman, P.O. Box 1, Rt. 1, Whaley Pond Rd., Graniteville, SC 29829; 803/663-9771; free catalog.

Page 114: Asian pears—Miller Nurseries, 5060 W. Lake Rd., Canandaigua, NY 14424; 800/836-9630; free catalog. Stark Bro's Nurseries, P.O. Box 10, Louisiana, MO 63353; 800/325-4180; free catalog. Edible Landscaping Nursery, P.O. Box 77, Afton, VA 22920; 800/524-4156; free catalog. **Lilac**—Forestfarm (address above). Arborvillage Farm Nursery (address above). **Honeysuckle**—Southmeadow Fruit Gardens, 10603 Cleveland Ave., Baroda, MI 49101; 616/422-2411, free price list. Carroll Gardens (address above). Musser Forests, Dept. F-96M. P.O. Box 340, Indianna, PA 15701; 800/643-8319; free catalog. **Bush cherry**—Forestfarm (address above).

THE NEW FAMILY ROOM

Pages 116–117: windows, "Great Lakes"; **beadboard,** "Ply-Bead Classic"; **engineered wood products**—Georgia-Pacific Corp., 133 Peachtree St., NE, Atlanta, GA 30303; 404/652-4000. **Coffee table, wicker furniture**—Ethan Allen, Inc., Ethan Allen Dr., P.O. Box 1966, Danbury, CT 06813-1966; 800/228-9229. **Area rug**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Paint,** (Pure White) SW1004—The Sherwin-Williams Co.; for further information regarding paint used in this project, contact your local Sherwin-Williams store. **Fireplace**—Heat-N-Glo Fireplace Products, Inc., 6665 W. Hwy. 13, Savage, MN 55378; 800/669-4328.

Pages 118–119 (*left*): cabinets—Wood-Mode, Inc., One Second St., Kreamer, PA 17833. **Floors,** (Natural Maple)—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248; 800/722-4647. **Sofa, table, media cabinet**—Ethan Allen, Inc. (address above). **Area rug, framed prints, pillows**—Pier 1 Imports (address above).

Pages 120–121: paint, (Kiwi Tint) SW1171—The Sherwin-Williams Co. (address above). **Cabinets**—Wood-Mode, Inc. (address above).

Pages 122–123: roofing, (Weathered Wood); **shingles,** "Summit"; **siding,** "Catawba"; **doors,** "Grand Passage"; **windows,** "Great Lakes"; **lumber**—Georgia-Pacific Corp., 133 Peachtree St., NE, Atlanta, GA 30303; 404/652-4000.

Page 124 (*top*): fireplace—Heat-N-Glo Fireplace Products, Inc. (address above).

HOT SPOTS

Pages 128–129 (*left*): fabrics, similar styles available—Waverly; 800/423-5881. **(*Right*): pillow fabrics,** similar styles available—Waverly, 800/423-5881.

Pages 130–131 (*right*): coverlet, "Dots and Roses"—Liz Claiborne Liz at Home; 800/527-7522. **Gingham sheets,** (Thyme Green); **gingham sheets,** (Pink)—Ralph Lauren Home Collection, 1185 Ave. of the Americas, New York, NY 10036; 212/642-8700. **Wallpaper,** "Cirque Stripe"—Laura Ashley; 800/429-7678. **Pillow sham and bed skirt fabric,** similar styles available—Waverly; 800/423-5881. **Bed**—antique.

continued on page 94

Louis Rich It's My Sandwich Contest

HOW TO ENTER: On a plain piece of 8-1/2" X 11" paper (one side only), type or clearly hand print your complete name, address, zip code, telephone number, date of birth and your original sandwich recipe. **Sandwich must feature at least one Louis Rich® product.** You must also in 50 words or less, state why the sandwich you have created expresses something about your personality. Include your sandwich recipe name and list the ingredients with exact U.S. measurements and include complete directions, required utensils, timing, number of servings and other relevant information. Ingredients must be readily available.

Mail your entry, with an original UPC symbol from any Louis Rich® product, in a stamped envelope to: Louis Rich® "It's My Sandwich" Contest, P.O. Box 4179, Blair, NE 68009-4179. Enter as often as you wish, but limit one entry per envelope, and each entry must include one UPC symbol from any Louis Rich® product. Residents of AZ, FL, MD and VT need not submit UPC symbol. **Entries must be received by 5/30/97,** when contest ends. Not responsible for lost, late or misdirected mail.

For copy of official rules (by which all entrants are bound), send a self addressed, stamped envelope to: Louis Rich® "It's My Sandwich" Contest Rules, P.O. Box 4184, Blair, NE 68009-4184. Limit one request per outer mailing envelope. Requests must be received by: 5/9/97. Residents of the states of WA and VT only need not affix postage to return envelope. Prizes: **Grand Prize** (1) - Winner's choice of either a 3-month summer rental house in Cape Cod, Massachusetts, (no transportation included and rental must be used in the summer of 1998), or $15,000 cash. Approximate retail value of 3-month summer rental is $15,000. **Finalist Prizes** (5) - 3-day/2-night trip for 2 to Sandwich, Massachusetts from 9/06/97 to 9/08/97, to compete in the final judging competition. Trip includes round-trip coach air transportation from major airport nearest winner's home and hotel accommodations (double occupancy). Approximate retail value of each finalist prize is $2,950. Contest open to U.S. residents 18 years of age and older as of 5/30/97. Sponsor reserves the right to publish all recipes entered into the contest and the right to alter, amend, edit or change recipe titles and recipes prior to publication. Food professionals such as chefs, nutritionists and home economists, employees and immediate families of Kraft Foods Inc., its parent company, affiliates, subsidiaries, advertising and promotion agencies are not eligible.

Void where prohibited by law. © 1997 Louis Rich Company

Your Sandwich Idea Could Win You A Summer Rental on Cape Cod or $15,000!

Yes, a little imagination could go a long way. All the way to the sunny, beautiful beaches of Cape Cod.



LOUIS RICH.
What'll you make of it?

Buying Guide

continued from page 93

NIGHT LIGHTS

Page 135: lamps on entry table, "Double Copper Lamp"; **lampshade paper,** "Aquatic Gardens"—Galbraith & Paul, 307 N. Third St., Philadelphia, PA 19106; 215/923-4632. **All other items**—antique, discontinued, or a personal belonging.

Pages 136–137: table lamp base, "Arc"; **lampshade paper,** "Leaf" (Straw)—Galbraith & Paul (address above). **Recessed lighting,** "Coilex Wall Wash" 425W, by Halo—for a distributor near you write or call Cooper Lighting, 400 Busse Rd., Elk Grove Village, IL 60007; 847/956-8400. **Rug,** "Cocama" (Driftwood), from the Sisal Wool Collection woven of 100 percent Decorwool Brand New Zealand wool—Karastan; for more information call 800/234-1120. **Everest wing chair,** 1368125—Pier 1 Imports; 800/447-4371. **Shelter sofa,** "Taylor"; **washable slipcover**—Mitchell Gold; 800/789-5401. **All other items**—antique, discontinued, or a personal belonging.

Pages 138–139: strip lighting, TL6WH—Juno Lighting; 847/827-9880. **All other items**—antique, discontinued, or a personal belonging.

Page 140: wallpaper, "Wainscoting" (Moss), from the Raymond Waites Redefines Country Collection—Village; for a retailer near you call 800/552-9255. **Striped pillow sham and bed skirt fabric,** "Vesivius"; **floral pillow sham and duvet fabric,** "Bacchus"; **red pillow sham,** "Trellis"—Nancy Koltes Fine Linens; for a retailer near you call 888/995-9050. **Bedside table lamp base,** "Single Copper Lamp"; **lampshade paper,** "Naples" (Natural)—Galbraith & Paul (address above). **Recessed lighting,** "Coilex Wall Wash" 425W, by Halo—for a distributor near you write or call Cooper Lighting (address above). **Strip lighting,** TL6WH—Juno Lighting; 847/827-9880.

Bed, prints, nightstands, and accessories—antique, discontinued, or a personal belonging.

PRIZE TESTED RECIPES®

Page 185 (*right*): plate, "Vanilla"—Nancy Calhoun, Inc., P.O. Box 9847, Brea, CA 92622; for a retailer near you call 714/529-4700.

READER SHOPPING

Page 47: Garden Flower Stationery Kit—Papers by Catherine, 11726 N. Marianne, Houston, TX 77071.

Page 48: Scented Accessories Package—The Herb Lady, New St., Shepherdstown, WV 25443. **Scented Pillows Kit**—Banar Designs, 431 S. Main, Fallbrook, CA 92028. **Lilac and Violet Scented Pillows**—The Sheridan Group, Ltd., P.O. Box 3234, Westport, CT 06880.

Page 84: *Better Homes and Gardens*® Diamond Jubilee™ Rose—Certified Roses, Box 4400, Tyler, TX 75712.

Page 89: Our Picks Seed Packet—J. W. Jung Seed Co., 335 S. High St., Randolph, WI 53957. **Our Picks Roses**—Edmunds' Roses, 6235 SW. Kahle Rd., Wilsonville, OR 97070. **Our Picks Perennial, Our Picks Vine,** and **Our Picks Ground Cover**—Van Bourgondien Brothers, 245 Rte. 109, Babylon, NY 11702.

Page 200: Valentine Bakeware and **Junior Bake Set**—Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18974. **Cookie Count and Bake Set**—Penguin USA, 120 Woodbine St., Bergenfield, NY 07621.

Page 203: *Growing Up With Dick and Jane* Book—Harper Collins Publishers, 10 East 53rd St., New York, NY 10022.

Architects & Designers

THE NEW FAMILY ROOM

Pages 116–124: architect—Bloodgood Sharp Buster Architects & Planners, Inc., Capital Square, 400 Locust St., Ste. 265, Des Moines, IA 50309; 515/283-0404.



PRESENTS

The Home Improvement Encyclopedia Online

Whether you're fixing a clogged drain, building a deck, wiring that new addition, or adding landscape to your yard—we've got the site for you. Search from more than **1,000** home improvement tips (over 125 *Shockwave* animations) that can save you time and money.

For all the reasons you come to *Better Homes and Gardens*® magazine... *BH&G Live* can offer help and information in a way that only the Internet can. Explore *BH&G Live* for something new nearly everyday.

Visit our site at http://www.bhglive.com

reader contest

Get Comfortable



You have a chance to win a $1,000 La-Z-Boy gift certificate (to be used toward furniture in the fabric of your choice) simply by responding to the following statement: **Describe the most comfortable place in your home.**

Write down your thoughts (in 25 to 50 words), then send them to the address below. Entries will be judged on clarity of expression, originality, and sentimentality.

Here's how to enter:

1. Entries must be received no later than March 15, 1997. Entries must be original, typewritten or legibly written, and not previously published.
2. Mail entries to: BH&G COMFORT CONTEST–LS 463, 1716 LOCUST STREET, DES MOINES, IA 50309-3023.
3. All entries submitted become the property of *Better Homes and Gardens*® and will not be returned. Sponsor assumes no responsibility for lost, late, illegible, or misdirected entries. Entry in the contest will be deemed consent for use of the winning entry and entrant's name in all media for advertising, promotion, or trade purposes on behalf of Meredith Corporation and La-Z-Boy, unless prohibited by law.
4. Contest is open to U.S. residents who are 18 years or older, except employees of The La-Z-Boy Company, *Better Homes and Gardens*®, Meredith Corporation, their agents, affiliates, subsidiaries, promotion or advertising agencies, and immediate families.
5. A winner will be selected on or about March 31, 1997. Judging will be done by *Better Homes and Gardens* interior design editors. The winner may need to sign an Affidavit of Eligibility and Release within 10 days of notification. Judges' decisions are final. Prize: $1,000 La-Z-Boy gift certificate, redeemable at any La-Z-Boy dealer. Certificate expires March 31, 1998.
6. Subject to all federal, state, and local laws and regulations. Void where prohibited. Any taxes are sole responsibility of winner.
7. For a prizewinner list, send a self-addressed, stamped envelope to address above.

SPECIAL ADVERTISING SECTION

LA-Z-BOY PRESENTS:

Through the Decades

Design you can live with



Every season introduces trends in home design, from a slightly tweaked palette of popular colors to subtly altered textures, patterns, or even furniture shapes. But the major changes–the ones that last–evolve into the styles that finally date a decade. And as different as they may look, each ssic style tells a broader tale about America's history, where, d how we live.

1920s *n the Beginning ere was Comfort*

While flappers Charleston-ed their way through the '20s and artists tested the limits of Bohemia, home remained scathed by the rip and roar of the decade. It was the safe ven,. no matter what was going on in the world outside. ecorating emphasized comfort. And serenity. Nothing flashy newfangled. (Planting pest-free tomatoes or building a func- nal floor plan took priority over interior cosmetics.) A cozy d familiar look–the original Grandmother's house–sprinkled e pages of the then-fledgling Better Homes and Gardens®. It tured cushy, overstuffed seating, yards of chintz upholstery, lonial styling on wood furnishings, an abundance of wicker the sunporch, and even slipcovers for easy-does-it decorating e-lifts. Then, as now, design, as presented by Better Homes d Gardens, put people first, with nothing more important an personal comfort.

1930s *he Moderne Era*

When the stock market crash plunged spirits as well as the economy into depression, design became even more -nonsense. Less expensive maple replaced mahogany as nscientious manufacturers tried to offer consumers classic



pieces at lower cost. Even the innovation of Moderne design, with its sleeker and straighter forms, lighter birch wood, and radical absence of ornamentation, took a practical application. Offered in raw wood for do-it-yourself finishing, it was within the means of even a modest budget. And never about design for design's sake only, Better Homes and Gardens continually reminded readers this cutting-edge style was suitable for real-life living, touting Moderne's durable, kid-friendly construction and its spacious, plop-down proportions–perfect for lounging on while huddled around the radio.

LA-Z-BOY

OVER 69 YEARS OF
NNOVATION
COMFORT
& STYLE





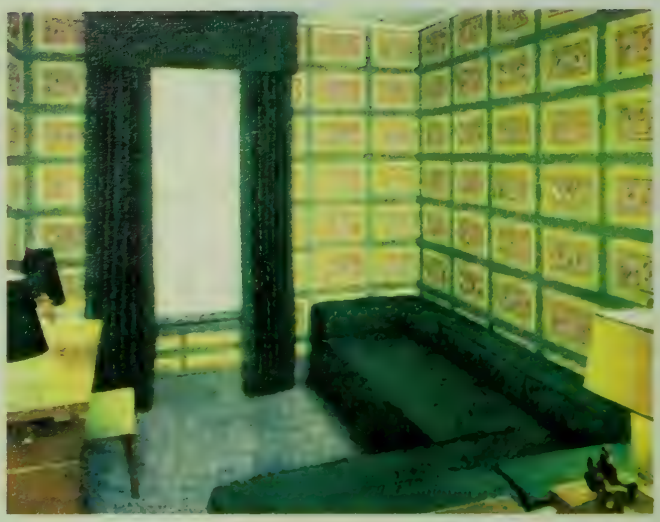
1928 Cousins Edward Knabusch and Edwin Shoemaker produce a wood slat reclining porch chair.

1929 The "two Eds" upholster the porch chair for year-round indoor use and the upholstered reclining chair is born.





1933 "Recline, Relax, Recuperate" ad campaign combats the nation's hard economic times.



1940s *Settling In*

Design never stands alone, but always within some broader context. For American design of the 1940s, that context was wartime. A patriotic theme drove the nation, prompting sacrifice for a greater cause. In home design, the sacrifice was new furniture and accessories. (Some manufacturers such as La-Z-Boy even turned over their entire plant to the war effort, making plane parts instead of furniture.) But that didn't mean homeowners had to forfeit a pick-me-up for their drooping room designs. Instead, Better Homes and Gardens® encouraged do-it-yourself changes that provided a fresh look and still economized resources: simple, you-sew curtains or fabric cover-ups to give a table or vanity an entirely new look. And once the war was won, design rallied soldiers home with open arms–and doors, especially backdoors. The backyard barbecue, introduced this decade, kept family entertaining casual and on the homefront. The century's original decade of "cocooning," the '40s emphasized feel-good furniture, especially early motion furniture (rockers that swiveled, as well as rocked, as reported on the pages of Better Homes and Gardens in '48). The comfort factor was especially important, as the first TVs and the increased sitting time that accompanied them, made their way into American life-styles. Moderne styling, too, became increasingly accessible, with the marriage of upholstering to streamlined designs.

1950s *Family Fi*

Making good on the promise of the 1940s, the '50s put family first in home design. The informal family room, conveniently located at the rear of the home near both kitchen and patio, became the latest fixture in America's fl plans. The formal living room's hands-off furnishings wer welcome in this new casual space. Chairs were for reclini sofas for snoozing; tables for a pick-up game of cards, as wel a casual meal. Durable, less fine fabrics–most memoral naugahyde instead of real leather–took prime posts as upl stery fabrics. Metal and plastic became more comm especially as outdoor furniture rose to staple status with the barrier dissolved between indoors and out. The living may not have been as easy as it appeared on *Leave It to Beaver* or *Ozzie and Harriet*, but the furniture surely was.



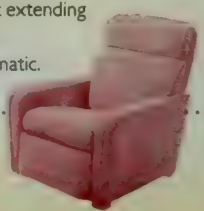
1941 WW II begins and La-Z-Boy puts production on hold to make tank seats–probably the most comfortable ones in history.





1946 Recliner production resumes. Style reflects the increased popularity of Moderne design.

1953 La-Z-Boy introduces a platform rocker with the first-ever automatic extending footrest–the Ottomatic.





1956 The Hi-Lo reclining chair is introduced reflecting the nation's lifestyle movement away from formal toward more casual living.



Colonial



Cape Cod



Bungalow



La-Z-Boy



La-Z-Boy



La-Z-Boy



La-Z-Boy



La-Z-Boy



La-Z-Boy

You do what you want. Your word is law. You're not listening to your boss, because you are the boss.

You must be home.

No matter where you call home, La-Z-Boy makes furniture that's a perfect fit. In hundreds of styles and designs perfectly suited for how you live.

Room by room, La-Z-Boy furniture shapes house into a home. In the colors, fabrics and sizes want. And, since each piece is built with leger La-Z-Boy comfort and quality, you'll never hav



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La-Z-Boy

y about buying something that's "in" today and "in garage sale" tomorrow.

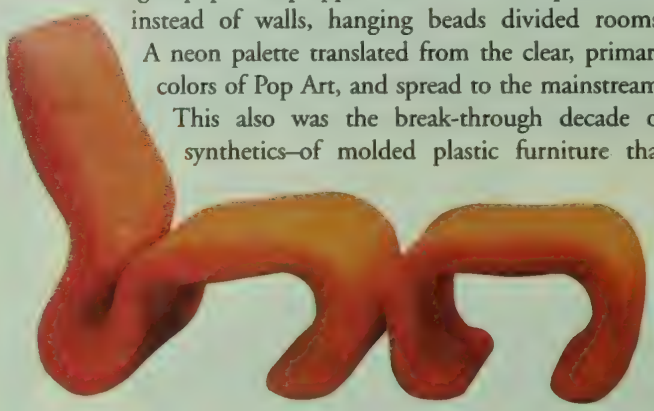
So hurry into a La-Z-Boy retailer near you today, a look around and enter our sweepstakes (to see turn the page). You could win exciting prizes including one of two 1997 Plymouth Grand Voyagers and La-Z-Boy furniture. Just see how easy it is to feel at home with La-Z-Boy.

We make the rooms that make a home.

LA-Z-BOY

1960s *New Age Revolt*

Wartime took a different direction in the turbulent '60s, leading to a counterculture that debunked materialism–and with it, design as we knew it. In the young generation subgroup, pillows plopped on the floor to replace sofas; instead of walls, hanging beads divided rooms. A neon palette translated from the clear, primary colors of Pop Art, and spread to the mainstream. This also was the break-through decade of synthetics–of molded plastic furniture that



could curve to conform to the body or just for fun; of shag carpet; and of a host of artificial finishes. Not even traditional design was totally safe from at least a little change–perhaps a hot pink shag carpet underfoot. But while the current upheaval gathered strength, it also met plenty of resistance: few "real" homes chucked the sofa and the club chairs for flower-blazed floor cushions. Instead, design played up the comfort of the familiar, to shore up more support for the home as the safe haven it had always been. Perhaps dressed in the new hot colors or one of the new synthetic "miracle" fibers, lounge chairs still performed as expected, only better, increasing their motion for greater comfort.



1970s *Back to Natu*

A movement as strong as the '60s doesn't simply fade away without a trace. In design, its trail changed how we live. "Organic" became the new design buzzword, and "ba[ck to] nature" the life-style battle-cry–all a result of the earlier [counter] effort to cut to the chase. Earth tones–including deep b[rown], orange and mustardy yellow–were standard fare in '70s d[écor]. Texture rose to new prominence as a more natural d[esign] element than printed pattern. Nubby wool berber car[pet], with their textured popcorn loops, were preferred over s[hag] or the emerging low, industrial-style piles by those who c[ould] afford them. Plants–here a Boston fern, there an aspa[ragus]



fern–were as standard to window treatments as curtain[s] shades. Stained glass hung as room art served as f[ull] testament to the '60s legacy of bright, undiluted flo[wer] power color. All together, the '70s elements spelled a [new] free-wheeling eclecticism and casualness that paved the [way] for country design of the next decade.

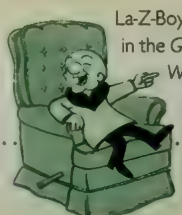
1961 La-Z-Boy introduces the Reclina-Rocker®, a revolutionary chair design that both rocks and reclines.

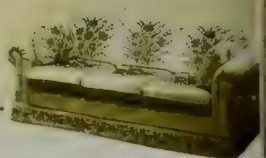




1969 The "Sofette®" reclining love seat is introduced, ushering in the "peace and love" national sentiment.

1974 Jim Backus with his alter ego Mr. Magoo recorded more than 15,000 radio and TV commercials for La-Z-Boy, earning a spot in the *Guinness Book of World Records.*





1977 La-Z-Sleeper® sleep sc[fa] are introduced. Upholstery fabri[cs] featuring earth-tones reflect the back-to-nature attitude of the da[y]

ENTER TO WIN



Win *Win* *Win* *Win*

2 GRAND PRIZES:
ONE OF TWO 1997 PLYMOUTH GRAND VOYAGER SE's

2 FIRST PRIZES:
$5,000 LA-Z-BOY FAMILY/LIVING ROOM PACKAGE

5 SECOND PRIZES:
ONE OF FIVE $1,000 STYLISH LA-Z-BOY SOFAS

10 THIRD PRIZES:
ONE OF TEN $750 LA-Z-BOY RECLINERS

1. No purchase necessary. Complete official entry at participating retailers or print your name and address on a postcard. Mail to: La-Z-Boy Sweepstakes, P.O. Box 9145, Medford, NY 11763-9145. One entry per envelope. No mechanically reproduced entries permitted. Begins 1/15/97. All entries must be received by 3/31/97. Not responsible for lost, late, misdirected, damaged, incomplete, altered, illegible or postage due mail. Entries become sponsor's property and will not be returned.

2. Winners determined in a random drawing on or before 4/14/97 by an independent judging organization whose decisions are final. You need not be present to win. All prizes guaranteed to be awarded. Entrants agree to abide by the terms and the official rules and the decision of the judges. Winners will be notified by mail and may be required to complete and return an Affidavit of Eligibility/Liability-Publicity Release which must be received by sponsor's designated agent within 14 days of date printed on notification letter or an alternate winner will be selected. If any prize or prize notification letter is returned as undeliverable, that prize will be awarded to an alternate winner in a random drawing. Winner may not substitute, transfer prize or redeem prize for cash. Sponsor may substitute prize for one of equal value for any reason. One prize per household. Grand Prize winners must be licensed drivers and have automobile insurance at the time vehicles are awarded. Prizes delivered within approximately 90 days of receipt of executed Affidavits. All income and other taxes and other expenses not specified herein are winner's responsibility. Acceptance of prize constitutes permission (except where prohibited) to use winners' names, hometowns & likenesses for promotion purposes without additional compensation.

3. Prizes and estimated retail values: (2) Grand Prizes: 1997 Plymouth Grand Voyager SE ($23,565). (2) First Prizes: $5,000 Gift Certificate to be redeemed at a designated La-Z-Boy dealer towards a Family/Living Room Package (a minimum of $3,000 to be spent on upholstered products, $2,000 on Hammary Furniture Company and/or Kincaid Furniture Company Products). (5) Second Prizes: $1,000 Gift Certificate to be redeemed at a designated La-Z-Boy dealer towards a La-Z-Boy sofa (10) Third Prizes: $750 Gift Certificate to be redeemed at a designated La-Z-Boy dealer towards a La-Z-Boy recliner. Total est. prize value: $69,630. Grand Prize Winners are additionally responsible for all taxes (which may include but are not limited to: sales, income, property and luxury taxes) plus all fees related to: automobile license, registration, tags, insurance and title. Limit: one prize per household.

4. Open to U.S. residents, 18 years or older. Odds of winning determined by total number of entries received. Est. distribution of entry forms: 1,000,000. Sponsor: La-Z-Boy Incorporated, 1284 N. Telegraph Road, Monroe, MI 48162. Employees of La-Z-Boy Incorporated, Parade Publications, Meredith Corporation, Chrysler Corporation, their affiliates, subsidiaries, sales agents, dealers or retailers, advertising and promotion agencies, and immediate families of each are not eligible. All federal, state & local laws and regulations apply. Void in Puerto Rico & where prohibited by law.

5. For winners list (available by (6/15/97), send a stamped, self-addressed envelope to: La-Z-Boy Plymouth Road Home Winners, P.O. Box 9146, Medford, NY 11763-9146.

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LA-Z-BOY ROAD HOME SWEEPSTAKES PLYMOUTH

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ENTER NOW AT A LA-Z-BOY DEALER NEAR YOU

CALL 1(800)294-7980 FOR YOUR PARTICIPATING LA-Z-BOY DEALER



1990s *Easy Mix Elega*

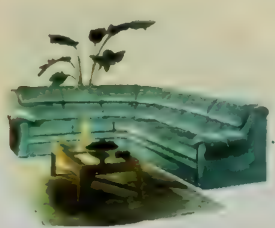
A blend of the best from the past, design in the '90s is clean, comfortable, casual, and unrestricted by decorating rules like never before. Window treatments c require rods and rings. Loosely draping sheer panels twigs for a free-form curtain is perfectly respecta Neoclassical accents, especially old or reproduced ar tectural remnants, can articulate either a contemporar traditional statement. Folk art isn't limited to the cou domain. Styles borrow freely and unselfconsciously f one another for a grown-up eclecticism much diffe from that of earlier eras. More emphasis is placed on qu construction in furnishings to ensure not just durabi but a truly feel-good fit. This obsession with comfort v personal style is a hallmark of the decade, adding a dimension to the definition of elegance. Ready-to-wea the decade's fabric statement, as denims and flannels- same fabrics hanging in the closet for weekend wear– cover sofas and chairs.

1980s *Heading for the Country*

Even before the '80s officially arrived, Better Homes and Gardens® anticipated its major design movement by identifying country as a decorating style all its own. Starting out, the country look was dark, woody, primitive. And cluttered. All the collectibles imaginable were displayed at once, and often in cramped spaces. But as the decade matured, so did the style. It evolved into not a single look, but many. Country French and English styles joined American primitive looks, which cleaned up with lighter pine and fewer pieces. A romantic cottage look with whimsical lace, pretty paintwork, and ample old quilts also thrived under the country banner. On the contemporary scene, the Bauhaus classics made a big comeback–black leather Barcelona chairs were "knocked off" at affordable prices. And in traditional design, country's influence, along with shrinking room sizes, led to less formal pieces in smaller scale.



Easy elegance best describes the comfortable decorating style we crave in the



1984 La-Z-Boy brings the family together with the introduction of its Motion Modulars®.

1985 The sophisticated, elegant designs of La-Z-Boy Classics® high leg recliners bring reclining comfort into the living room.





1992 La-Z-Boy becomes a serious player in the stationary furniture market with the unveiling of its American Home Collection® of living and family room sofas and chairs.

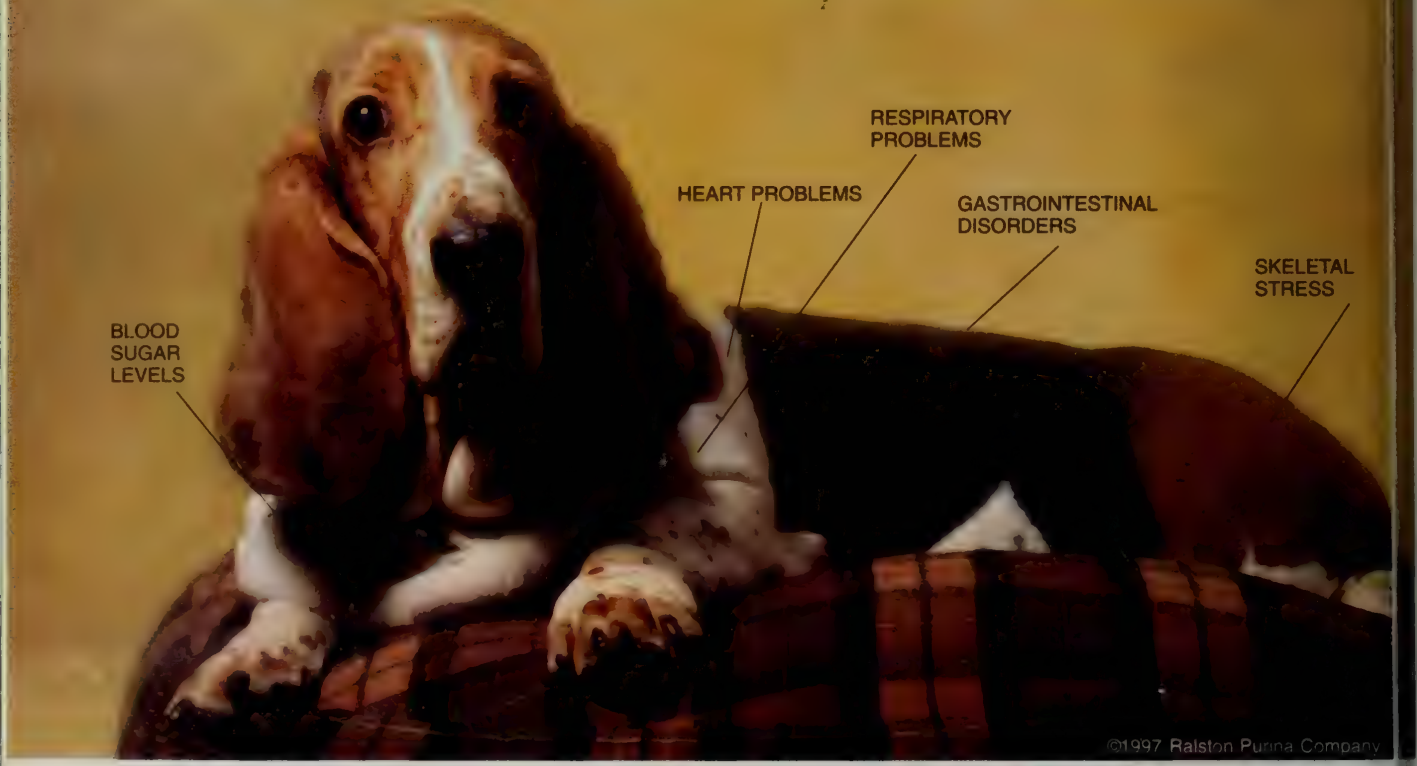
1997 La-Z-Boy continues to successfully extend its expertis to create an almost limitless select of quality, comfortable and stylish products.




You Can
get
Softness
and
Body
under
one
Condition.
FINESSE
Softness and Body?
That takes Finesse.

Heavy Isn't Healthy.

Excess weight can be associated with certain health conditions.



Purina® Fit & Trim® is one of the leading weight management foods for dogs, with 15% fewer calories, 33% less fat and 33% less salt than the leading dry dog food — plus a taste dogs love.

brand ADULT DOG FOOD

Veterinarians recommend Fit & Trim to help dogs lose weight. And you'll find it's ideal for weight maintenance once your dog has trimmed down.

Monitor your dog's weight monthly by giving him the Purina® Fit & Trim® Rib Check® test. Put your thumbs on his backbone, with both hands on his rib cage. If you can't easily feel his ribs, your dog probably needs to lose a few pounds. Before you start your dog on any weight management program, consult your veterinarian.



Veterinarians Recommend Purina Fit & Trim.



Our Picks *for* 1997

by Mark Kane and Craig Summers Black

Here is our annual compendium of what's new and what's tried and true. We've selected some old garden favorites that prove their superiority year after year in the *BH&G* Test Garden. And we've listed some worthy new entries on the gardening scene—plants and flowers we know and grow.

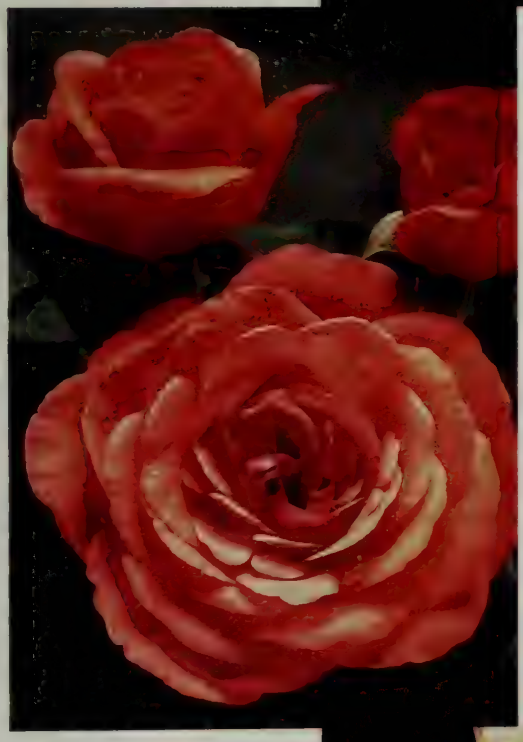
To order roses, seeds, perennials, vines, and ground covers shown in this feature, see page 89.


If you're only going to grow
one rose, this is the one.
It does everything a rose
is supposed to do—easily and gracefully.

After a two-year test program, these three roses were chosen by All-America Rose Selections as the best new roses for 1997.



Timeless is a deep rose-pink hybrid tea bearing 4½-inch flowers with 25 to 30 petals each. This bush grows to 4½ feet tall, its dark-green semiglossy foliage on characteristically upright canes.

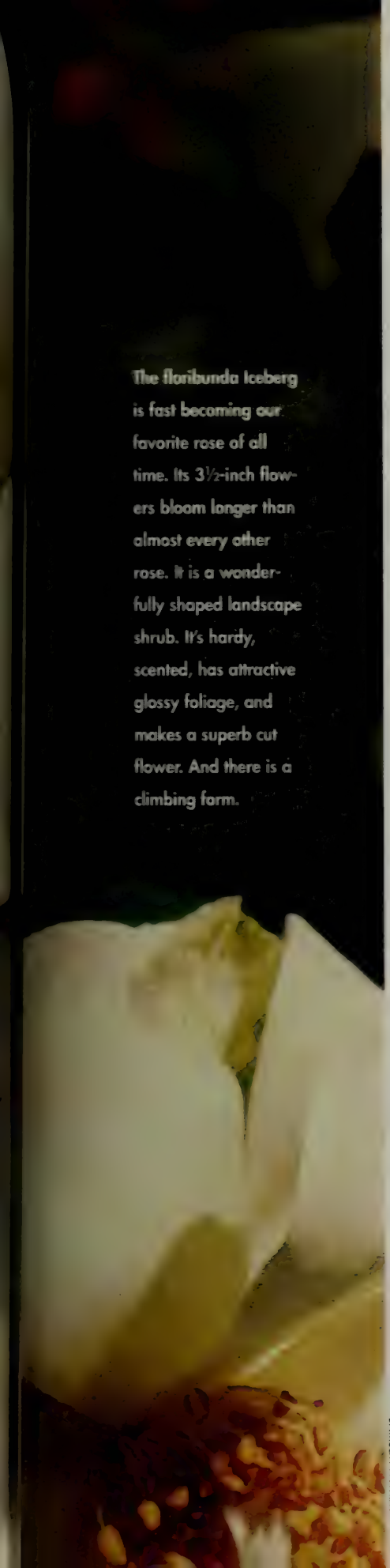


Artistry is a soft coral-orange tea rose with 30-petaled flowers that can reach 5 inches across. The bush stands 5 feet high, offering its gentle scent almost at nose height. Like Timeless, this is a long-stemmed rose destined for flower vases.



Scentimental, a free-blooming floribunda, has burgundy and cream striped petals and a sweet, spicy scent. Its 4-inch flowers have 25 to 30 petals. This landscape shrub can grow up to 4 feet tall.

The floribunda Iceberg is fast becoming our favorite rose of all time. Its 3½-inch flowers bloom longer than almost every other rose. It is a wonderfully shaped landscape shrub. It's hardy, scented, has attractive glossy foliage, and makes a superb cut flower. And there is a climbing form.



WILLIAM HOPKINS

Our roundup of recommendations includes plants ne



Salvia May Night, the Perennial Plant Association's plant of the year, is a showy and long-blooming cold-hardy salvia. All summer long, spikes of indigo-blue flowers rise to 18 inches, the plant itself spreading up to 20. May Night's midsize growth, striking color, and vertical accent make it ideal for a sunny border.

Lavatera is an old-fashioned annual whose 4-inch trumpets of pink or white look strikingly similar to the tropical hibiscus. This heavy bloomer pumps out 15 to 20 outward-facing flowers a day from early summer to frost, giving a show from every angle. At 4 feet tall, these plants add focus and height to sunny borders.

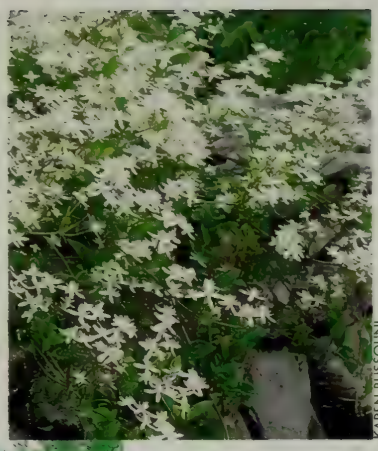
MARK KANE
SUSAN ROTH

o the trade and flowers we grew to love long ago.





Sweet Autumn clematis may have small blossoms, but it has tons and tons of them. This sweetly scented deciduous vine is a vigorous grower ideal for covering up chain-link fences or other unattractive surfaces. Grow in partial sun to partial shade.



KAREN BUSSOLINI



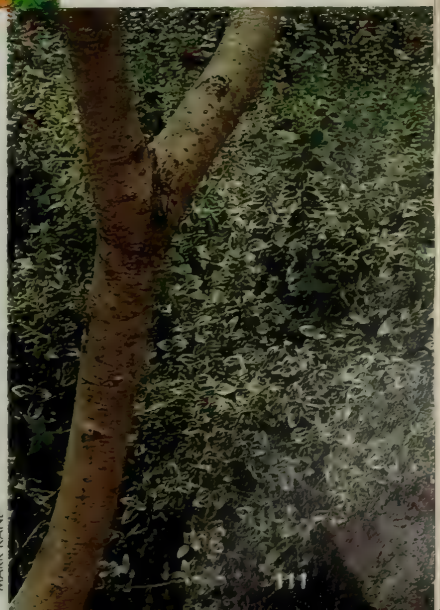
R. TODD DAVIS

Cardinal climber is a cousin to the classic morning glory, but it is a better behaved annual vine. The brilliant-red, 1½-inch tapered trumpets are so colorful that, despite their size, they are visible from quite a distance. This climber is also renowned for its strangely serrated palmate leaves.

The American fringe tree's clusters of fragrant little flowers (*left*) burst downward like fine spray from a shower head. The tree grows out as much as up, and when it is in bloom, its multitudinous blossoms envelop it in a soft cloud.

KAREN BUSSOLINI

Variegated euonymus is versatile and malleable. Trim it low, it's a ground cover, taking root as it spreads. Clipped to grow vertically, it's a vine, even growing up a tree or being espaliered. You can even shape it as a nicely mounded shrub.



MARK KANE



Praestan Fusiliers is an
old tulip that produces
two or even three
flowers per plant. It's a
strong repeater
coming back every
spring for four or five
years. It is also
noteworthy for its
relatively diminutive
size, topping out at
7 inches. Try it in the
front of a bed or in a
large swath awaiting
later perennials.

These three plants are All-America Selections award winners for 1997, selected after testing at independent sites across the country.

Dynamo is a mildly flavored cabbage with a smallish head weighing about 2 to 2½ pounds. Plants mature 70 days after transplanting. Dynamo withstands heat and is disease-resistant. It also has a nice blue-green color.



PETER KRUMHARDT



PETER KRUMHARDT

Cajun Delight is an early-harvest okra adapted to northern gardens. Dark green pods are ready for harvest 50 to 55 days after transplanting—and again and again twice a week for weeks afterward, creating the potential for a generous yield. Do we hear anyone say gumbo?

Crystal White is a low-growing zinnia with white daisy-like flowers 1¼ inches across on plants 8 to 10 inches high. It is heat-, drought-, and disease-resistant, blooming from late spring to frost.



MARK KANE



Our Picks

Great Plants Then—and Now

Since its first issue as *Fruit, Garden and Home* (*left*), *Better Homes and Gardens*® has appraised new plants in its test gardens nationwide. Can you imagine having been the garden writer who, in 1922, had to describe a new and wondrous fruit called the avocado? This tropical discovery is, the *BH&G* writer said, "a tree-borne fruit of general appearance similar to the pear, but much larger and of entirely different taste and characteristics." Here are some other plants and praise from our garden editors in their first year on the job. Like the curious avocado, these then-new plants have become modern-day staples.

Stalwart Plants We Recommended in Our Very First Year



Asian pears: "Chinese pears are immune to pear-blight. Mr. Frank Myers is responsible for the introduction of the Chinese pear into this country. . . . This Chinese pear is as hardy as any of our native pears and will grow practically anywhere in the country successfully."



Amur lilac: "A beautiful shrub or even a tree forty feet high, with beautiful masses of white flowers. It grows wild on dry rocky mountain slopes of north China and will withstand hot, dry summers and severe winters. It is probably also valuable as a stock for tenderer species."

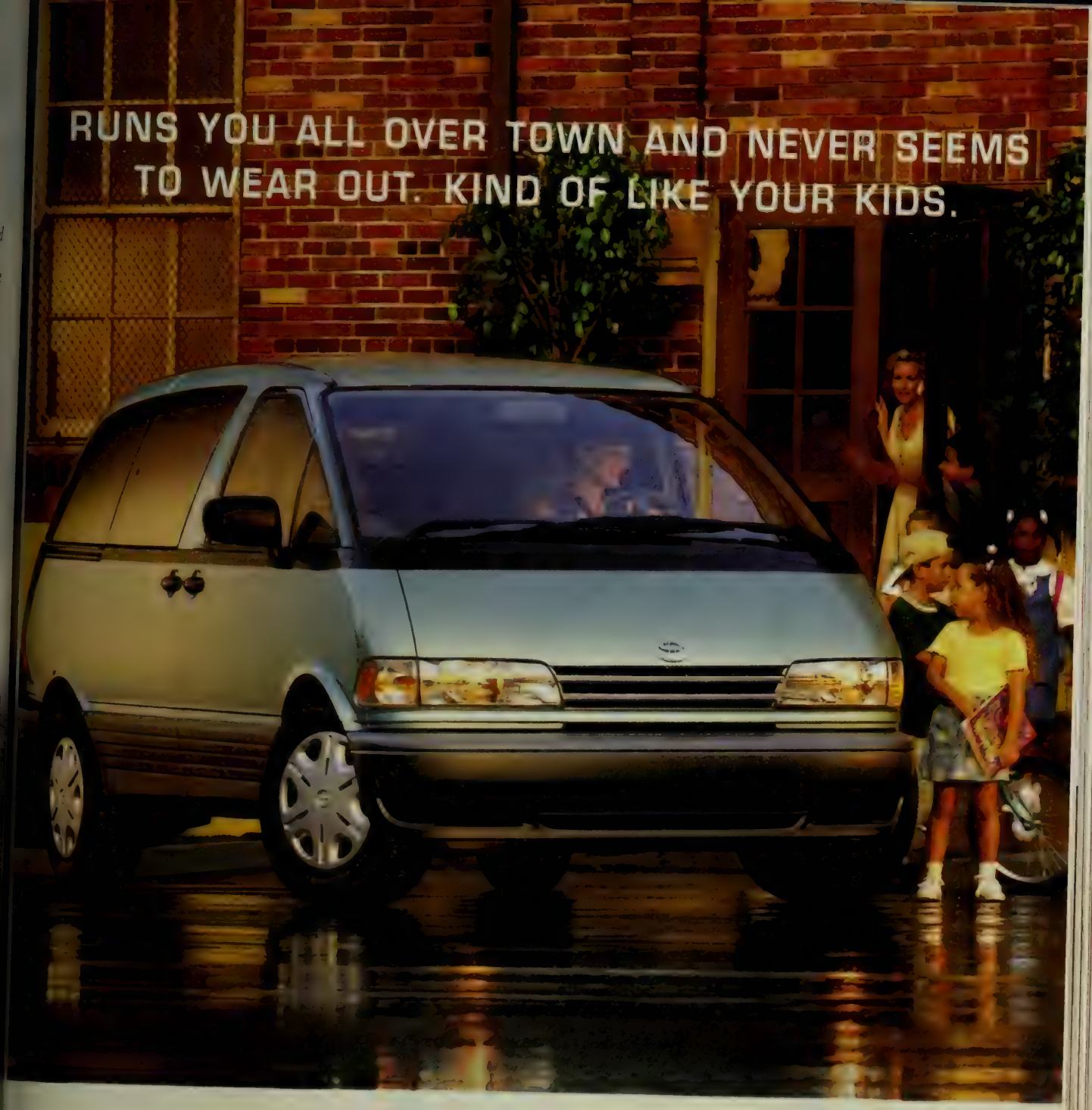


Mackii honeysuckle: "It is a bush honeysuckle with spreading branches and dark green leaves reaching ten feet in height. The pure white flowers are magnificent; like our common *Lonicera Japonica* they fade yellow, probably after fertilization. The fruits are red."



Bush cherry: "The Bush Cherry from China will prove to be a valuable addition to our list of fruits in this country. It is a low-growing shrub bearing an excellent quality of fruit, and it is extremely hardy, standing the cold and it may even grow in sections where this fruit is not profitably grown at the present time."

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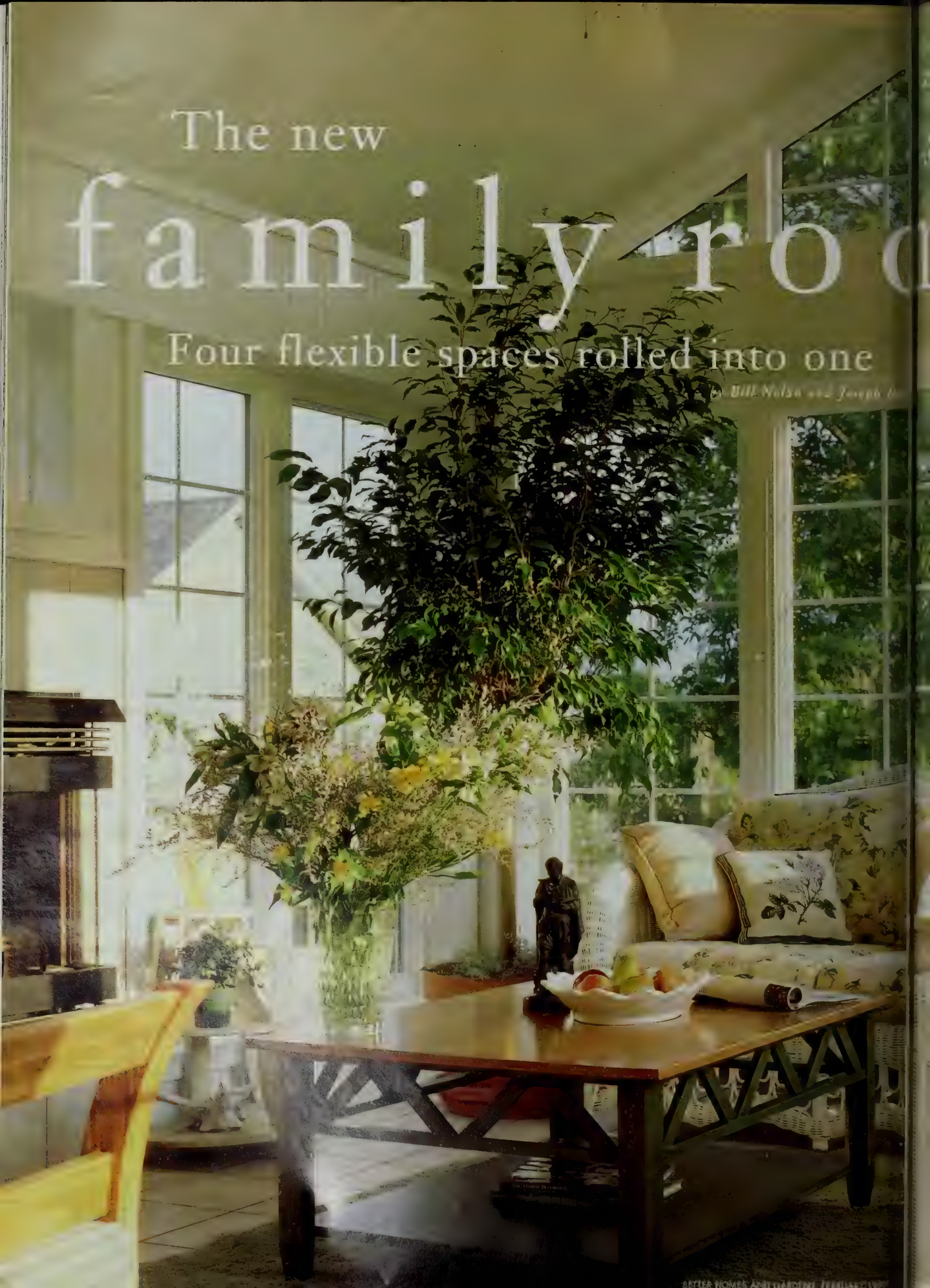


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The new
family ro
Four flexible spaces rolled into one



The first family room, a bonus space for hobbies, debuted in *Better Homes and Gardens*® in October 1944.

Our "baby" has grown up. The family room, first named on our pages in 1944, began as little more than a family hobby area in the basement. Now it's the very core of family life at home, serving so many different functions that it no longer fits neatly within four walls.

Sandy and Tim Alexander found this out while planning a family room addition for their ranch-style house in Des Moines, Iowa. At first, they envisioned one large room, but their architect came up with a much more livable solution: four distinct spaces that work together as one—a sunroom, a TV room, a home office, and a deck.

Sunroom

This space (*opposite*) speaks volumes about how far family rooms have come since their basement beginnings. Tall casement windows scoop in light, air, and views of the countryside in three directions, and the vaulted ceiling reaches to the ridge beam to make the space even airier. Beadboard paneling, ceramic tile flooring, and comfy wicker and pine furnishings say, "kick back and take it easy."



After spending long hours building their new addition, Tim and Sandy savor the reward: quiet weekends at home in their bright, sunny new spaces with son Ryan and daughter Kathrine.

This story was produced with the cooperation of Georgia-Pacific Corp



An easy-living plan





TV room

Shortly after we invented it, the family room became America's favorite spot for watching TV. But this posed a design problem: How do you create comfy viewing angles and good lighting without turning your main living area into a movie theater? The Alexanders solved this dilemma by assigning TV activities to a separate space next to the sunroom. Operable casements and a French door on one wall merge the two spaces so the family is still together even if they're not all watching TV at the same time.

A matching row of windows on the adjoining wall and a big bay window overlooking the deck (*above*) make this area a pleasant place to relax even when the TV isn't on. "Using extra windows has boosted our energy bills a bit," says Tim, "but the views and the open feel are well worth the price."

For a comfier, cushier feel in this part of the addition, Tim and Sandy chose a warmer palette: prefinished hardwood strips and a kilim area rug underfoot, a wall of cinnamon-hued built-ins, and a modular seating group covered in caramel-colored leather. The ceiling drops to a cozy 8 feet high, and recessed lights overhead can be adjusted with dimmer switches to create a more intimate mood.



An angled niche in the TV room positions the TV and stereo equipment for optimal viewing and listening from the modular seating group that lines the opposite wall. To the left of the TV, an interior window doubles as a handy pass-through for snacks from the kitchen.

Home office

Getting the kids to do their homework—or psyching yourself up for a few hours of telecommuting—is a cinch when there's a warm, sunny, well-appointed work space ready at hand. No dim cubbyhole carved out of a closet or basement, the Alexanders' home office is a room unto itself, complete with glass-front storage, a curving window wall, a barrel-vault ceiling, and plenty of room for two to work at the same time. "The study is really a *study*," says Sandy. "The kids actually use this space to do homework. In fact, now we're thinking about adding a second computer."

This part of the addition opens directly to the TV room and the kitchen, making it easy to keep in touch with family activities while working at home. It's also near a new rear entrance, so visitors arriving on business don't have to track through the house. Casement windows and an arched clerestory wash extra daylight across the vaulted ceiling, delivering glare-free illumination in the work areas. At night, indirect lighting in the soffits bathes the ceiling with a soft glow.

PHOTOGRAPHS KING AU. FLOOR PLAN ILLUSTRATION CARSON ODE. ARCHITECT BLOODGOOD SHARP BUSTER ARCHITECTS & PLANNERS, INC





French doors buffer noise while letting the sunroom, TV room, and home office flow together as one.

Ryan and Kathrine now have ample room to spread out when homework duties call. Built-ins on two walls house books, memorabilia, office supplies, a growing collection of software, and the family computer. When it's time for a study break, the kitchen and the TV room are just a step or two away.





Deck

Step outside to the fourth "room" in the Alexanders' new addition: a multilevel deck that stretches along the south side of the house, linking the formal living and dining rooms with the new sunroom. Part of the deck jogs out to form a roomlike sitting area outside the sunroom. Protected from chilly northern breezes by the original structure and the addition, this part of the deck makes a great spot for sunning, dining alfresco, or just enjoying the view.

When the Alexanders throw a party, their outdoor room becomes a handy extension of the main living area—with space to spare for cooking or serving outdoors. Guests can wander from the living room to the sunroom or congregate en route without creating traffic jams in the kitchen.

Building their family room as four distinct spaces worked out even better than they thought. "We originally envisioned a more open approach to the addition," says Sandy, "but now that we've lived with it for a while, we find that we really utilize each space independently." The sunroom turned out to be a particularly popular spot. "Sitting in that room," says Tim, "makes us feel like we're on vacation."





Galvanized-steel pipe forms a striking yet inexpensive guardrail for the deck and helps blend the addition with the ranch-style main structure.

Pale taupe siding set off with white trim puts the new addition in tune with its rustic prairie setting.

Details, details

The Alexanders stayed within budget by choosing stock materials and doing most of the work with the help of family and friends. The windows and doors, structural wood framing lumber, vinyl siding, fiberglass roofing, prefinished flooring, direct-vent fireplace, and interior paneling are standard products available at most discount building centers. Spreading the work out over several months gave them a chance to fine-tune the design as they went along and to use the stock items in creative ways.

Result: a custom-look addition with an off-the-shelf price tag.



To make their sunroom comfy year-round, Tim and Sandy outfitted it with a direct-vent, gas-log fireplace. It keeps the room toasty even on bitterly cold winter days, and it's so efficient it doesn't need a chimney. The surround showcases a prized, handmade tile the Alexanders received as a Christmas gift.



Flooring for the TV room and sunroom is ⅜-inch-thick prefinished wood strips. Tim ordered them in two colors and installed them himself with a glue gun. For a custom touch, he cut accent squares from the contrasting color.



Built-in cabinets in the TV room include adjustable shelves and shallow drawers for storing video games, discs, and tapes. The shelving is also accessible from the home office.



Brick steps and a wide landing lead to the new rear entry. Tim built the boxes with 2×8 treated pine, sizing each box to fit a layer of bricks set without mortar in a basket-weave pattern. Flagstones lead to the lawn.

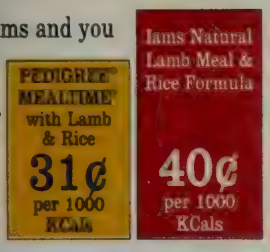
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hot spots





Color, light, and pattern warm a family home

by
Rebecca Jerdee
and
Sharon Overton

Building a house in the desert doesn't necessarily make it warm. Without personal touches, stucco and tile can come off cold, no matter how much the sun shines. But not at the Baird house. This family turned up the decorating heat in their Arizona adobe with friendly color and lively pattern that would feel at home in any climate.

PHOTOGRAPHS: JENIFER JORDAN

Southwest style goes soft and easy wit

Designing and building their home was a family affair for Cindy and Michael Baird, who are partners in their own construction business. "Michael is in charge of getting a house started," Cindy says. "Once it's framed in, that's when I get involved." This time, even the Baird children, Sean and Megan, pitched in to mix adobe mud.

Though it has a definite Southwestern accent, the home's simple architecture and Cindy's uncluttered approach to decorating allow personal expression to override strict regional styles. In the breakfast nook and great room, blue and yellow French country prints mix with casual pine and painted furniture. For even greater warmth, Cindy slipcovers a leather sofa in a kid-friendly cotton fabric.





In the family room (*right*), bright Provençal fabrics echo the colors of rustic Mexican tiles. Sponged-on yellow paint softens stark white walls, creating the look of old plaster.


ountry prints, bright color.

Feminine florals feel at home...

The relaxed feel of Southwestern living works its way into the bedrooms as well, with easygoing fabrics and simple furnishings that express each occupant's personality. In daughter Megan's bedroom (*right*), pink-and-white wallpaper and whimsical iron beds are as feminine as an English country cottage. In her parents' room (*below*), tea-stained floral fabrics soften a pine bed, the geometric lines of which echo the local Spanish architecture. Brother Sean's room (*lower right*) tips its hat to cowboy culture, with an antique oak bed, blue-jean-and-flannel-shirt linens, and walls the color of a desert sunset.





Sage greens and rosy pinks are the unifying palette for a garden full of romantic prints. When mixing patterns, create visual interest by including a variety of different shapes and scales.

...with funky cowboy fabrics.

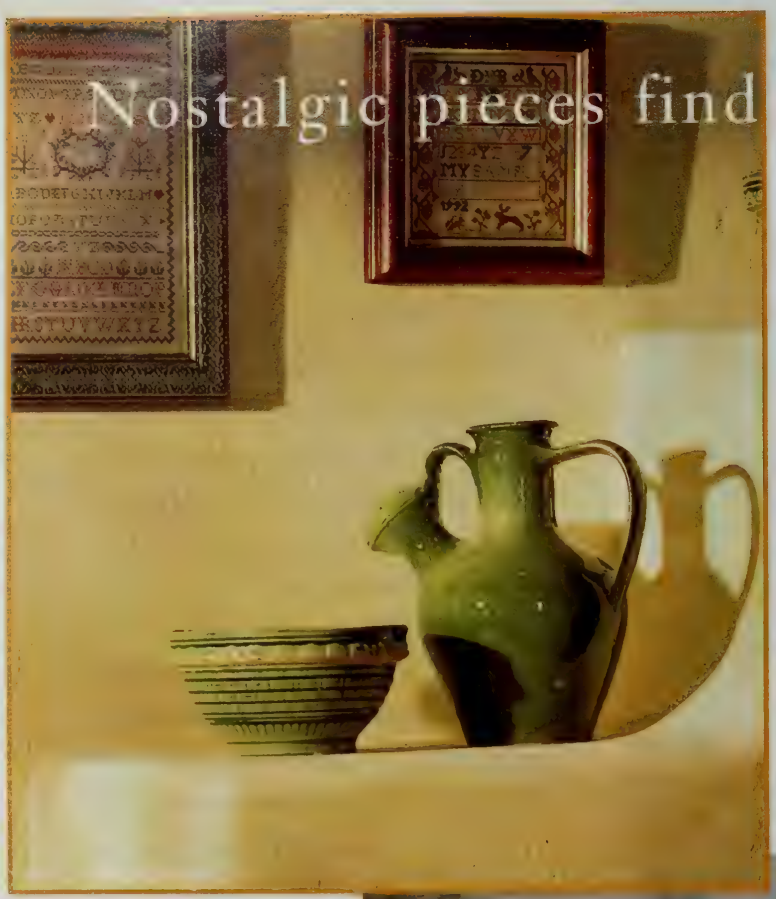


Mixing things up feels right to Cindy, who describes her own style—a blend of French, English, and Southwestern looks—as "eclectic country." "I try to make every room look different," she says. "I don't like walking into a home and knowing exactly what to expect in each corner."

To keep an eclectic scheme from turning chaotic, aim for a smooth visual flow from room to room. Choosing furnishings with a similar feel is one way to achieve decorating harmony. For instance, formal antiques and hands-off fabrics would be out of place in the Bairds' casual home, where warm woods and rustic styles prevail. On the other hand, an occasional dose of the unexpected—a wide-striped wallpaper or bright orange walls—can be a welcome break.



Thinned oil paint applied over plaster walls creates a color-washed effect in Sean's room. The closet door features an unusual diagonal design made from cactus ribs.



Nostalgic pieces find their niche.

Treasured collectibles and family pieces also are given an honored place in the Baird home. The antique beds in the children's rooms were gifts from Michael's parents. "Both children got a bed when they were born," Cindy says.

Cindy collects vintage dishes and pottery, often finding pieces in her travels. Displayed throughout the house, they serve as color inspiration as well as sentimental souvenirs. "To me, they're almost like artwork," Cindy says. "They make me happy by reminding me of people in my life and the places we've been."

Buying information, see page 93.

The earthy colors and fluid lines of vintage green pottery find their niche nestled in a stucco nook. Old-fashioned samplers are displayed stair-step style (*above*).

To take the chill off wrought-iron kitchen chairs, Cindy made ruffled cushions and tied them on with yellow bows. The chairs are bar stools cut down to table height.



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NIGHT



When designing a home lighting plan, consider tables and other often overlooked areas. Here, the serene glow of a handmade paper shade extends a warm welcome.

LIGHTS

by Rebecca Jerdee and Sharon Overton

It's called the "magic hour," the time when sunlight softens and evening shadows fall. You can extend the enchantment in your own home by following our simple step-by-step guide to decorating with light. Begin by thinking of light the way artists do, as an important element that allows you to create a mood and enhance colors and textures.



NIGHTLIGHTS

Photographers and painters know the importance of getting light right. It's what gave Garbo her mystery and makes a Monet painting glow. The right lighting also can turn an ordinary room into a work of art. To create subtle drama in your rooms, use a varied cast of light sources as we've done here.

- **Ambient lighting,** either from daylight or from hanging or recessed fixtures, is the overall illumination that fills a room. Tucked in the ceiling out of view, "wall washers" (*below*) direct pools of golden light onto the walls, supplying warmth and drama a single fixture can't provide.
- **Accent lighting,** like the table lamp, spotlights art or well-defined areas. Increase bulb wattage or use a light-focusing fixture to ensure that accent lighting is three times as bright as ambient light.
- **Task lighting,** like the floor lamp tucked behind the sofa, illuminates a reading or work space.
- **Special effects** add sparkle. Winking through windows, tiny white tree lights hint at magic.



Because they mount flush with the ceiling, recessed lights blend well with almost any decor. Low voltage fixtures, such as the wall washer, offer more precise beam control than incandescent recessed lights.

LIGHT PLAN



A) Ceiling-recessed "wall washers" provide the overall, or ambient, light in this room. For best effects, fixtures should be placed 2–4 feet from the wall (the higher your ceiling, the greater the distance) and the same distance apart. **B)** A small accent lamp spotlights art and can double as a reading light. **C)** A floor lamp supplies bright, glare-free task lighting. **D)** Tiny lights in the trees lead the eye outdoors, visually expanding the space.


Nothing ignites a dinner party like the flicker
of candles and the warm glow of dimmed lig

NIGHTLIGHTS

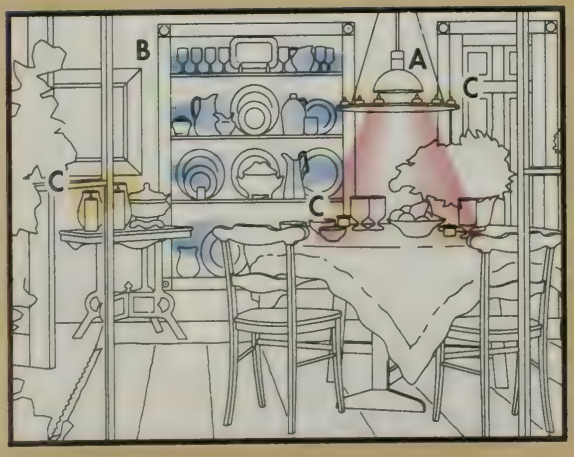
Trade a standard chandelier for pools of light to add low-key drama to a dining room. To set the mood:

- **An adjustable pendant** lamp over the table can be raised for overall lighting or lowered for cozier gatherings. Look for a fixture that softens and diffuses the light so that diners aren't blinded. Installing a dimmer allows even more flexibility.
- **Strip lighting,** like the low-profile fixtures on the sides of this china cupboard, makes dishes and glassware shine. Concealed strips, which plug in for easy installation, also could be mounted beneath shelves.
- **Fire or candlelight** raises a room's emotional temperature. No fireplace? Spark things up by scattering votives and pillars on the table and sideboard—even carefully around a pendant lamp.



Low-profile strip lights tuck easily into tight spaces and plug into existing outlets, making them a good choice for accent shelf lighting.

LIGHT PLAN

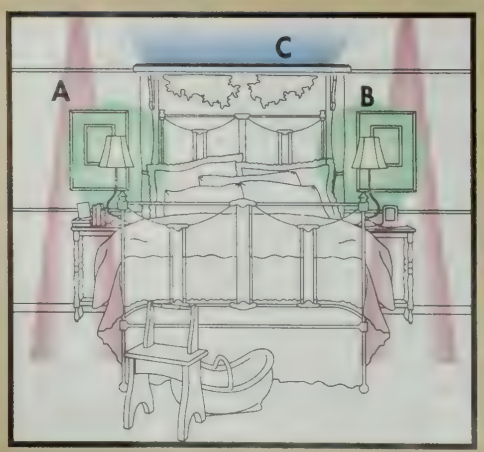


A) An adjustable pendant lamp provides either ambient or accent lighting in this dining room, depending on its position over the table. **B)** Additional accent lighting comes from low-profile strips installed along the sides of the china cabinet. Alternately, strip lights could be placed *under* shelves. **C)** Candles in varying sizes create a sense of moving light and energy in the room.

The lamps on this low-voltage track light can be spaced from 2 to 12 inches apart. At 1 inch tall, the fixture can be concealed in architecture, such as this bed canopy.



LIGHT PLAN

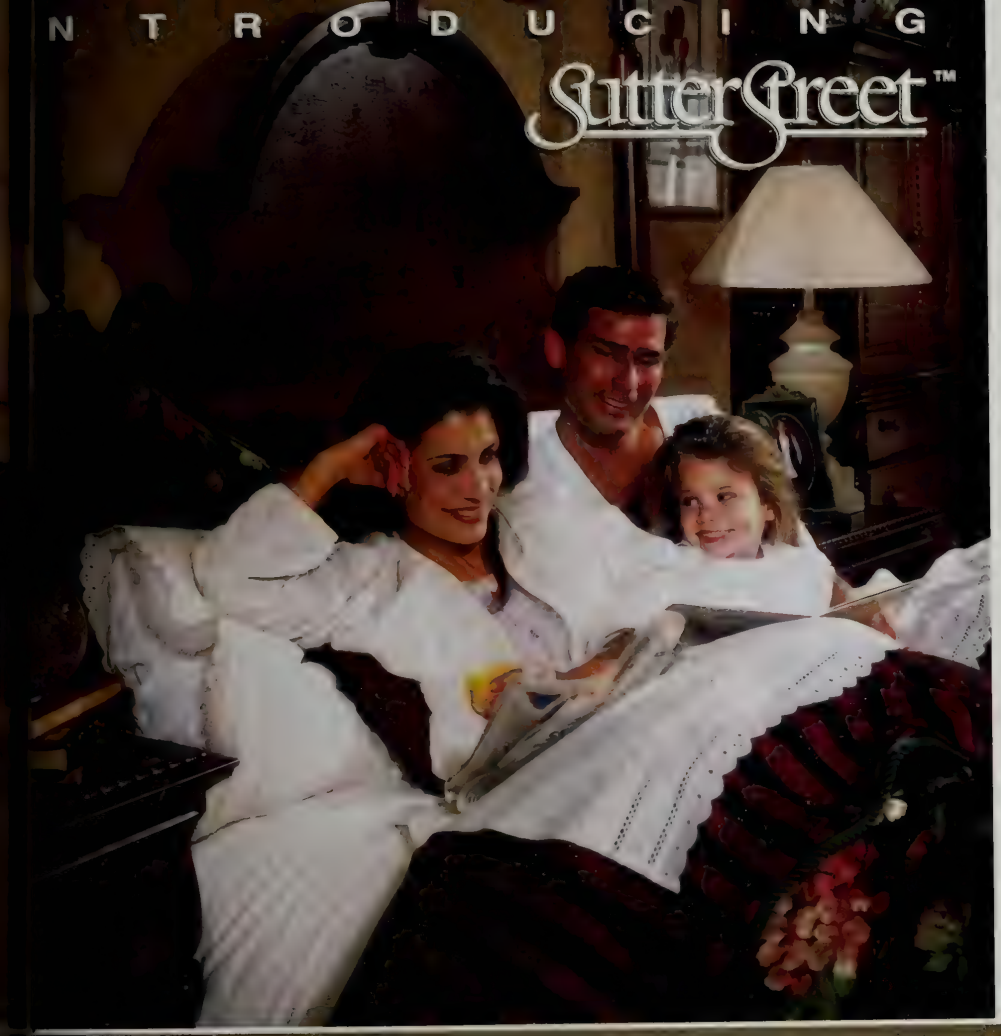


A) Recessed ceiling lights on a dimmer switch allow the most flexibility for overall bedroom lighting. To determine how many fixtures you'll need, figure that a standard 100-watt bulb in a recessed fixture will cover approximately 30–40 square feet. B) Bedside lamps with translucent shades add general lighting and provide task light for reading. C) A low-voltage track light over the canopy enhances this architectural feature.

Just because the lights are mostly *off* when you're in your bedroom doesn't mean they can't be beautiful when they're *on*. Varying the light sources allows you to switch the mood from night to day.

- **Recessed lights** set into the ceiling provide plenty of illumination for morning wake-up and dressing. Dimmer switches allow the light levels to be lowered in the evening for a more relaxed ambience.
- **Hidden uplighting** crowns this bed canopy with a warm halo. The boxy canopy is built from lumberyard moldings with bed curtains hung from either side.
- **Table lamps** cast a wide pool of light that's perfect for bedtime reading. The type of shade helps determine the function: A translucent shade also adds to overall light levels; an opaque shade directs more light down for reading.

Buying information, page 94



Elizabeth Colacino has fond memories of scrambling up onto her great aunt's four poster bed, building forts beneath her dining table and playing dress-up at her vanity. So when she furnished her home, the new Sutter Street™ collection from Broyhill was a natural choice. (Husband Joe, a bit less of a romantic, appreciated the great Broyhill value.) The collection, named after the San Francisco boulevard famous for its turn-of-the-century architecture, embodies all the romance and elegance of the Victorian era: authentic details and carvings, a rich heirloom finish, wormy maple solids and cherry veneers. So if you're restoring a hilltop row house, or simply yearning for a touch of yesterday, choose Sutter Street. It will surely find its place among the things you treasure most.



*Four-year-old Sarah, a perfect Victorian princess, cuddles up to the Colacino's Sutter Street Poster Bed, $1000**, for cozy weekend mornings. Night Stand, $375; Bed Steps, $190; Door Dresser, $940; Wing Mirror, $440, and Door Chest, $1375.*


Timeless
Treasures



INTRODUCING

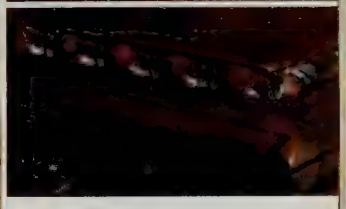
SutterStreet™

The Colacino's gracious home is a thoroughfare of friends and family of all ages, so for Elizabeth, luxury had to be liveable. Sutter Street speaks of timeless elegance — richly finished woods with distinguished detail, memorable old world fabrics woven in subtle creams, cranberries and forest greens — but there is home style comfort and function built into every piece. Sutter Street by Broyhill offers the dramatic impact of exquisite styling *and* the promise of easy living.









(Left) A treasury of exquisite detailing, the Server, $690, and optional Hutch, $315, feature the collection's signature lamb's tongue molding and complex wood turnings. Elizabeth displays collectibles above and utilizes maximum storage below.

(Above) The special detailing of the satin brass capped knobs within a recessed wood disk and the intricate rope twist braiding bring old world craftsmanship to the collection.

), Even Elizabeth's more formal living room is inviting and comfortable. A soft woven floral tapestry of garden rose and muted greens wraps the stately Bergerè -799, and Ottoman, $449-$499*, and complements the aged-ivory weave of the tufted Sofa with fringed pillows, $999-1099*, and Loveseat, $949-$1049*. The Entertainment Center, $1750, features many old fashioned details: lamb's tongue molding on side pilasters, scrolled bracket feet, recessed wood and satin brass modern storage options include adjustable shelves, large screen TV allowance, knock-out back and cable hook-up for easy wiring. Note the spiral, or rope twist, the Rectangular Cocktail Table, $315. Square Lamp Table, $290; Commode End Table, $290; Sofa Table, $440.*

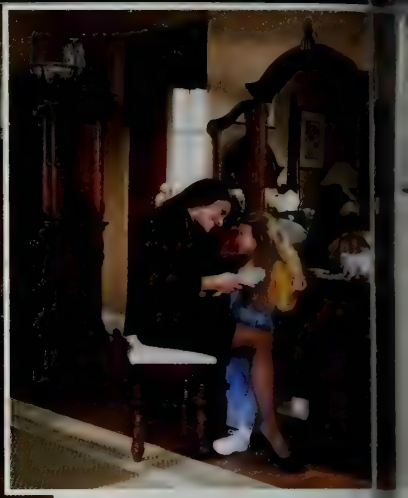
ottom) The dramatic high-backed Sutter Street Settee, $899-999, makes the fashion statement in Elizabeth's 90s rendition of a Victorian parlour yet blends well re modern rolled-arm Sofa, $999-$1099*. Both are patterned in a rich jacquard tapestry reminiscent of antique wovens. Modern construction makes this omfortable and long-lasting. Wing Chair, $549-599*; Square Cocktail Table, $440; Commode End Table, $290.*

gine friends gathering around the elegantly accented Dining Table, $1125, which easily extends to 96" with two apron leaves. Note the rich ulfront styling on the China, $1875; onion bulb wood turnings on legs; pierced splatbacks on the Arm Chair, $315; and Side Chair, $250.

rices available in other fabrics. Prices vary with fabric and style.

Broyhill®







*(Top Left) Escape into the exquisitely crowned Sutter Street Panel Bed, $625**. The Door Dresser, $940, with seven dovetailed drawers and two trays provides ample storage. Wing Mirror, $440; Night Stand, $375. Also available: Queen size Sleigh Bed, (not shown), $850.*

(Top Right) Indulge your fantasy with the beautifully crafted Sutter Street Vanity, $690. Mirror, $375, provides three-way view. The endearing Vanity Bench, $190, is sized proportionately. Door Chest, $1375.

(Left) The Sutter Street Wardrobe, $1125, features crown-shaped beveled glass mirror, two adjustable shelves behind door, and positive stop drawers.

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Collectible Victorian Row House Tea Pot

Compliments of Broyhill



Come in to see the Broyhill quality in our Sutter Street Collection at your participating Broyhill dealer and you'll qualify for a free gift from Broyhill: a 6-cup Victorian Row House Tea Pot. This charming, hand-painted, ceramic tea pot is yours absolutely free of charge. To receive your tea pot, mail this coupon, along with the form you receive from your participating Broyhill dealer.

Offer good through April 30th, 1997. Limit one per household. BH

Smart Buys™ from **Broyhill**®

*Manufacturer's suggested "Smart Buys" prices effective through April 30, 1997. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be specially ordered. AD#0297

THE BROYHILL DIFFE

Dressers and chests employ mortise and tenon joints on cross support rails between drawers to help create structural strength and sturdiness.

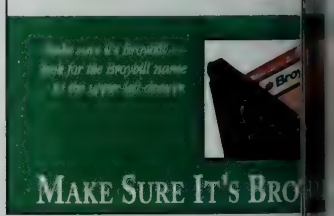


Our solid wood frames are strengthened by screw and glue blocks as well as double and triple dowel joints to endure years of everyday use.



The designer's attention to detail, like this authentic onion bulb wood turning, makes the Sutter Street Collection timeless and enduring.





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Call Broyhill Consumer Assistance Center
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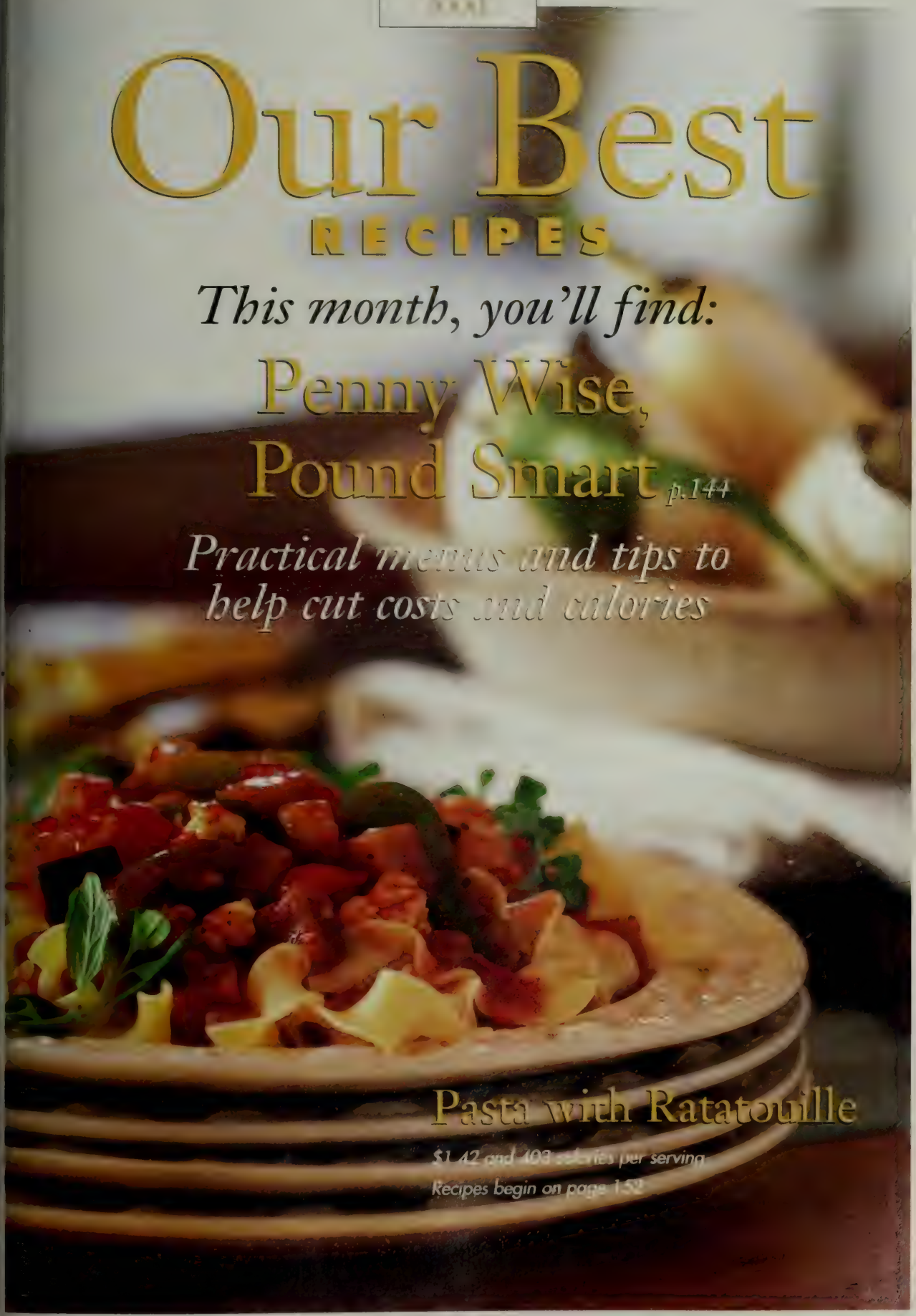
For recipes and usage tips, write to: The Reynolds Wrap Kitchens, P.O. Box 1592, Dept. A-321, Chestertown, MD 21690, or visit our Web site

Our Best RECIPES

This month, you'll find:

Penny Wise, Pound Smart p.144

Practical menus and tips to help cut costs and calories



Pasta with Ratatouille

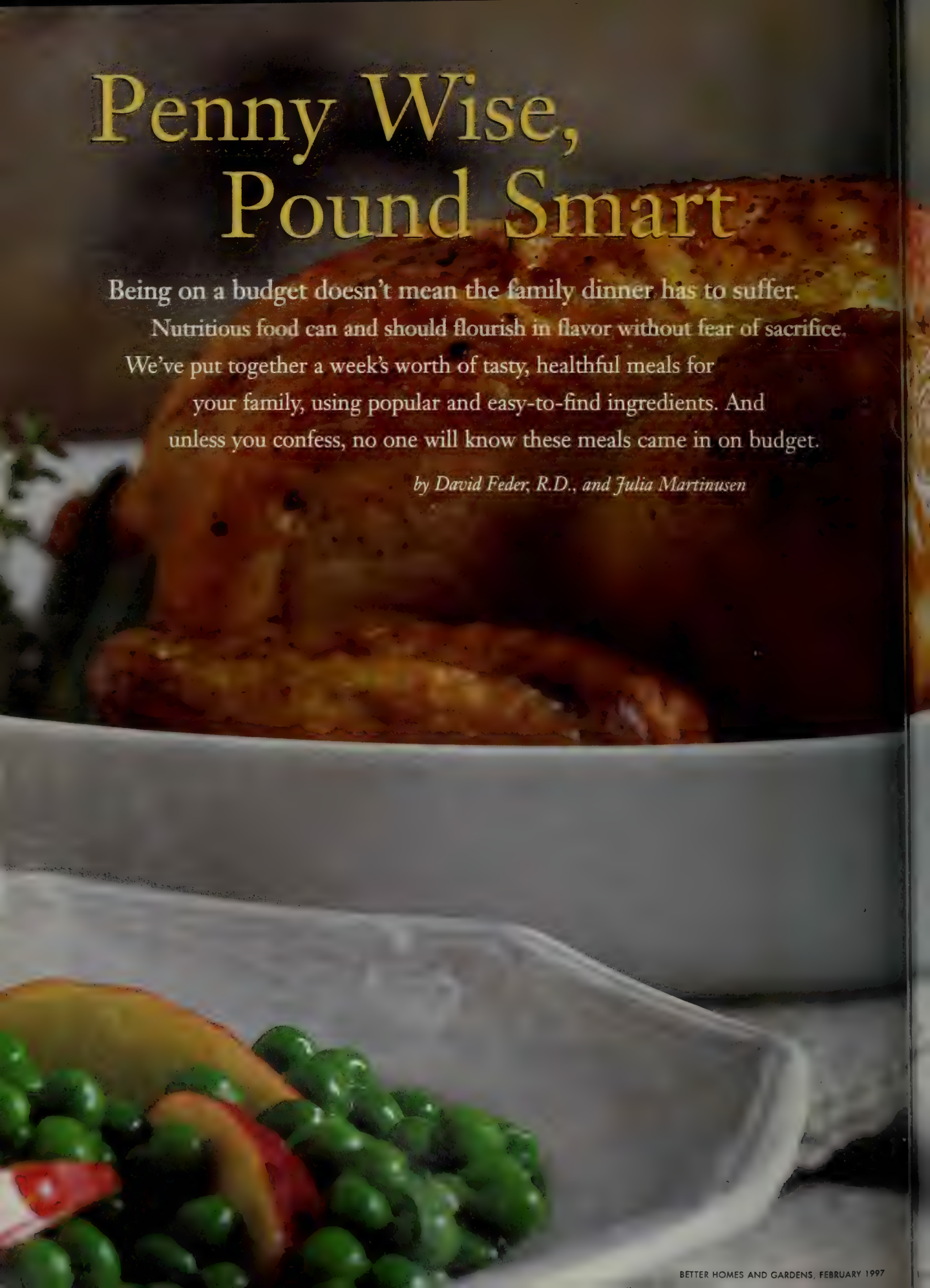
$1.42 and 408 calories per serving

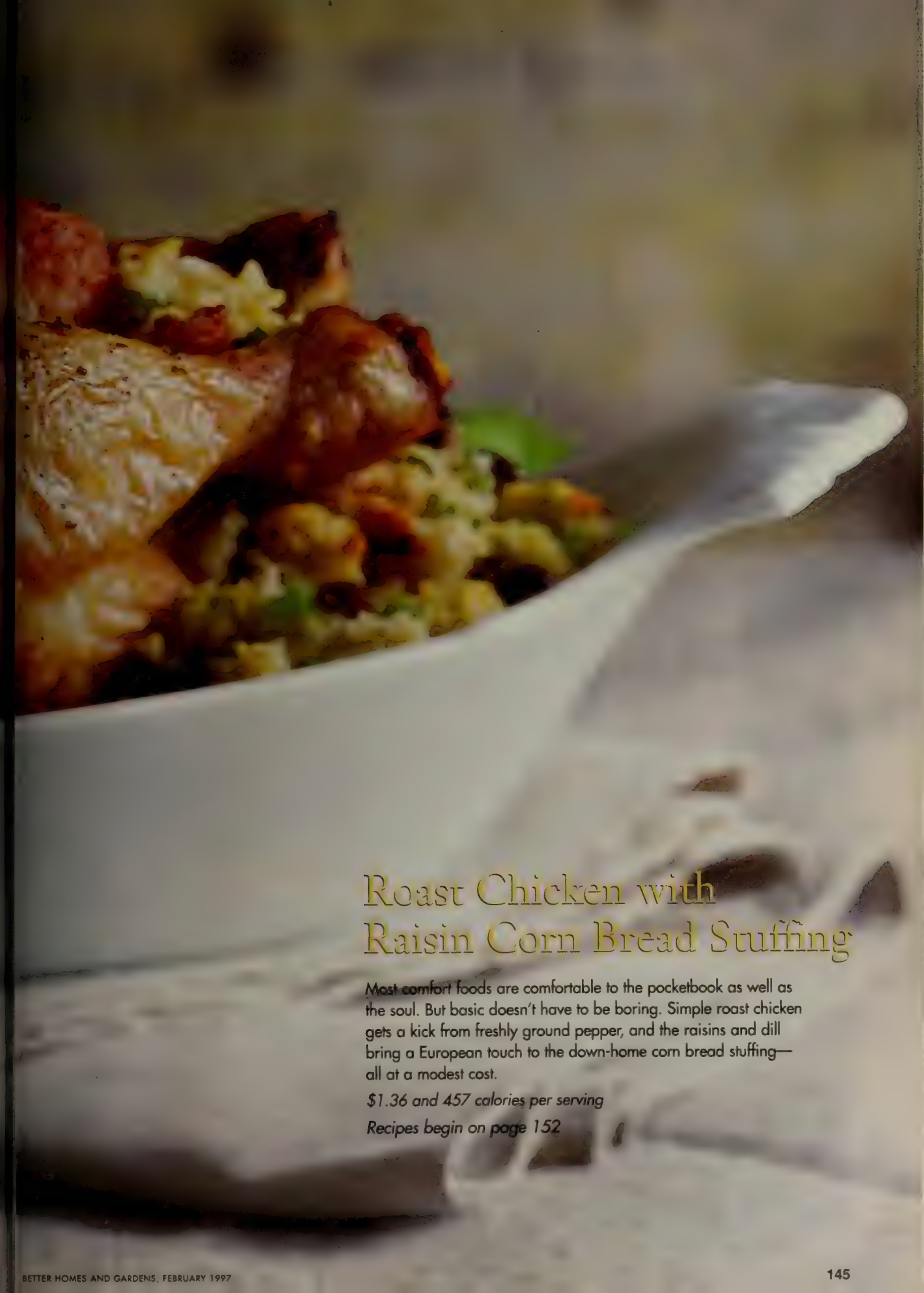
Recipes begin on page 152

Penny Wise, Pound Smart

Being on a budget doesn't mean the family dinner has to suffer. Nutritious food can and should flourish in flavor without fear of sacrifice. We've put together a week's worth of tasty, healthful meals for your family, using popular and easy-to-find ingredients. And unless you confess, no one will know these meals came in on budget.

by David Feder, R.D., and Julia Martinusen





Roast Chicken with Raisin Corn Bread Stuffing

Most comfort foods are comfortable to the pocketbook as well as the soul. But basic doesn't have to be boring. Simple roast chicken gets a kick from freshly ground pepper, and the raisins and dill bring a European touch to the down-home corn bread stuffing—all at a modest cost.

$1.36 and 457 calories per serving

Recipes begin on page 152

Penny Wise, Pound Smart



Beef Steak with Red Onion Relish

Can you have your steak and eat it, too? The answer here is a hearty "yes." With prices low and product lean, steak is back on the menu—today with a subtle relish of sweet red onions and wine. We call it affordable elegance.

$1.39 and 439 calories per serving



Pork and Lentil Cassoulet

Pork is lean and economical, especially when combined with lentils—as in this French country-style stew. Just the right thing for a family night "in." Rich in flavor but not in calories, this recipe uses the less expensive shoulder cut, and crockery-cooking adds the element of convenience.

$1.41 and 532 calories per serving

Recipes begin on page 154



Sausage and Spinach over Polenta

Simple country Italian meals are known for their healthful approach to good-tasting food. Fully cooked lean turkey sausage and fresh spinach are accompanied by a classic cornmeal polenta in this nutritious meal that you can make in about twenty minutes.

$1.16 and 370 calories per serving

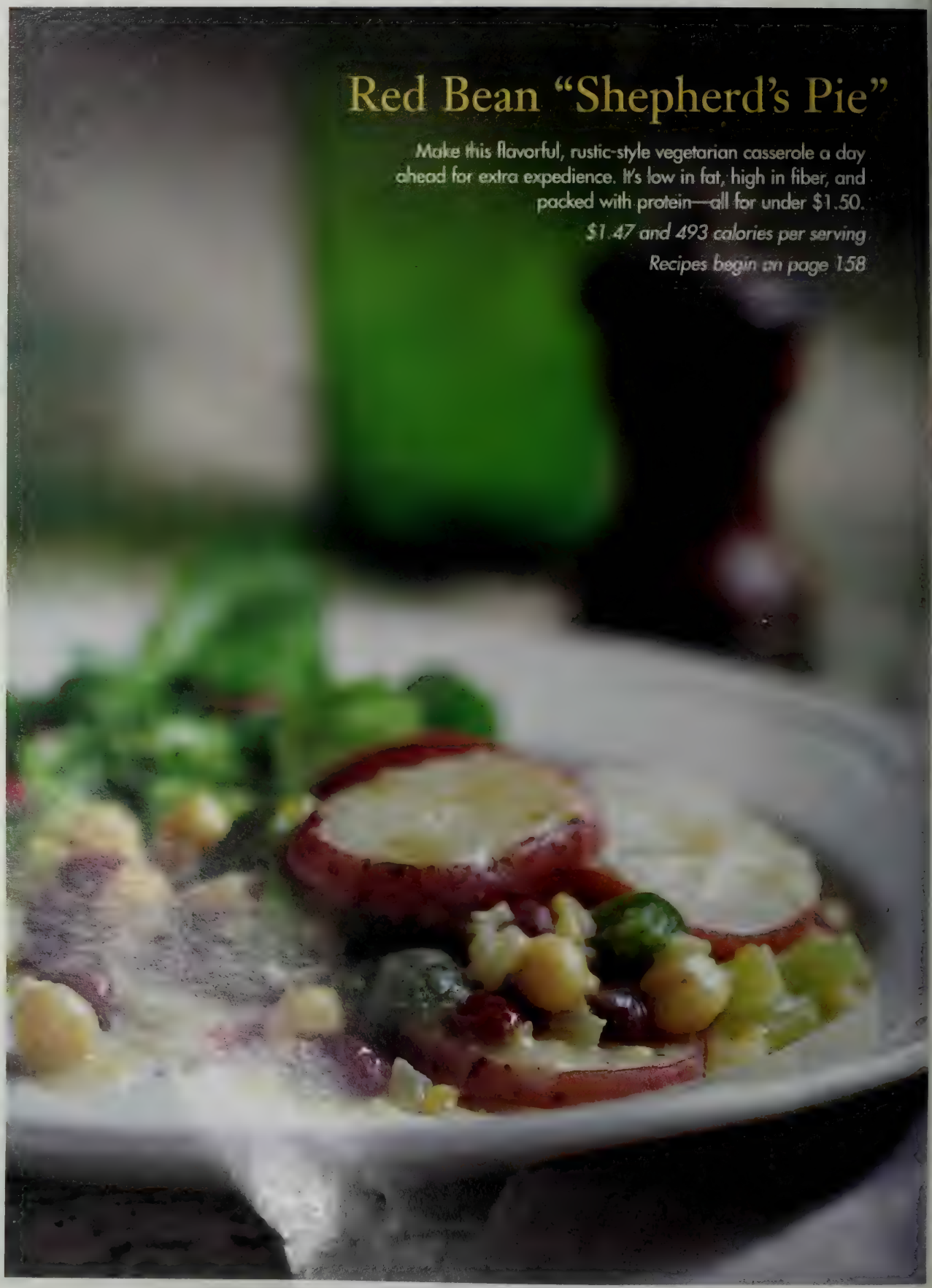


Pizza Burgers

The beef is 90 percent lean and the condiments are light, but the flavor comes in as a real heavyweight for our entry into the burger arena.

$1.28 and 522 calories per serving

Recipes begin on page 154



Red Bean "Shepherd's Pie"

Make this flavorful, rustic-style vegetarian casserole a day ahead for extra expedience. It's low in fat, high in fiber, and packed with protein—all for under $1.50.

$1.47 and 493 calories per serving

Recipes begin on page 158

Team up two classics and don't expect leftovers.



Pepperidge Farm's perfectly seasoned stuffing and Campbell's Soup's creamy texture create a delicious new recipe you're sure to file with your everyday favorites.



One Dish Chicken & Stuffing Bake

4 cups Pepperidge Farm® Herb Seasoned Stuffing
4 to 6 skinless, boneless chicken breast halves
Paprika
1 can (10 3/4 oz) Campbell's® Cream of Mushroom Soup
1/3 cup milk
1 tbsp. chopped fresh parsley

1. Mix stuffing, 1 1/4 cups boiling water and 4 tbsp. margarine*
2. Spoon stuffing across center of 3-qt shallow baking dish. Place chicken on each side of stuffing. Sprinkle paprika over chicken.
3. Mix soup, milk and parsley. Pour over chicken.
4. Bake covered at 400°F for 30 min. or until chicken is no longer pink.

*For lower fat stuffing reduce margarine to 1 tbsp.

Prep Time: 10 min. Cook Time: 30 min. Yield: Serves 4 to 6

©7 Pepperidge Farm, Inc. ©1997 Campbell Soup Company

Penny Wise

continued from page 150

How we figured cost per serving: Costs were based on prices in Des Moines, Iowa, supermarkets last October. We used nationally advertised brands and did not include prices of dried seasonings, salt, pepper, or optional ingredients.

Dinner in 20 minutes

Pasta with Ratatouille

Per serving: $1.42 and 403 calories

Pasta with Ratatouille

Pasta dishes are more popular than ever—for all the right reasons. Pasta is the quintessential inexpensive health food. Just 20 percent of the calories in this fast noodle dish are from fat.

- 1 Tbsp. cooking oil
- ½ lb. ground chicken
- 1 large eggplant, cubed (5 cups)
- 2 onions, cut into wedges
- 2 medium green sweet peppers, cut into strips
- 2 cloves garlic, minced
- 1 15-oz. can tomato sauce
- 1 14½-oz. can diced tomatoes
- 2 tsp. dried marjoram, crushed
- ¼ tsp. ground red pepper
- 8 oz. wide egg noodles
- Fresh marjoram sprigs (optional)

For sauce, in a large pot heat oil and cook chicken till just browned. Add eggplant, onions, sweet pepper strips, and garlic; cook about 3 minutes or till vegetables are crisp tender, stirring occasionally.

Add tomato sauce, undrained tomatoes, dried marjoram, and red pepper. Bring mixture just to boiling; reduce heat and simmer, uncovered, for 15 minutes, stirring occasionally.

Meanwhile, cook noodles according to the package directions; drain well and top with sauce. Garnish with fresh marjoram sprigs, if desired. Makes 4 servings.

Nutrition facts per serving: 403 cal., 9 g total fat (2 g sat. fat), 76 mg chol., 948 mg sodium, 63 g carbo., 8 g fiber, 19 g pro. Daily Values: 22% vit. A, 104% vit. C, 7% calcium, and 36% iron.

Sunday Dinner

Roast Chicken with Raisin Corn Bread Stuffing

Per serving: $0.91 and 355 calories

Cider Peas and Apples

Per serving: $0.45 and 102 calories

Total cost per serving: $1.36

Total calories per serving: 457

Roast Chicken with Raisin Corn Bread Stuffing

Extra stuffing can be baked separately in a covered casserole for the last 30 to 45 minutes of chicken roasting time.

- ½ cup finely chopped celery
- ½ cup finely chopped onion
- ¼ cup chicken broth
- ¼ cup raisins
- ¼ tsp. dried dillweed
- ¼ tsp. salt
- 2 cups coarsely crumbled corn bread
- 1 slightly beaten egg white
- Chicken broth
- 1 2½- to 3-lb. whole roasting chicken
- Fresh herbs (optional)

In a small saucepan simmer celery and onion in the ¼ cup chicken broth till tender. In a medium mixing bowl combine undrained celery mixture, raisins, dillweed, and salt.

Add corn bread and beaten egg white; toss gently till mixed. Drizzle with desired amount of additional broth to moisten; toss gently to mix.

Rinse bird; pat dry. Loosely spoon stuffing mixture into body cavity. Pull neck skin to back; fasten with a small skewer. Slip drumsticks under band of skin to secure or tie the drumsticks securely to tail. Twist wing tips under the back. Place chicken, breast side up, on a rack in a shallow roasting pan.

Roast, uncovered, in a 375° oven for 1¼ to 1½ hours or till drumsticks move easily in their sockets and the thickest part feels soft when pressed or till the meat is no longer pink. If using a meat thermometer, it should register 180° to 185° when placed in the center of the thigh.

When chicken is done, remove it from the oven and cover with foil. Let stand for 15 to 20 minutes before carving. Remove skin before serving. Garnish with fresh herbs, if desired. Makes 4 servings.

Nutrition facts per serving with skin removed: 355 cal., 12 g total fat (3 g sat. fat), 111 mg chol., 659 mg sodium, 30 g carbo., 1 g fiber, and 32 g pro. Daily Values: 3% vit. A, 3% vit. C, 5% calcium, and 15% iron.

Cider Peas and Apples

Apple cider accents the sweet taste of peas in this simple recipe. The combined flavor complements the roast chicken and stuffing.

- 3 cups frozen peas
- 1 medium apple, cored and thinly sliced
- ⅓ cup apple cider or apple juice
- 1 tsp. cornstarch

Place steamer basket in a saucepan and add water till just below the basket; bring to boiling. Add peas to steamer basket; cover and steam for 5 minutes. Add apple slices; steam for 2 to 4 minutes more or till apples are just tender.

Meanwhile, in a medium saucepan, combine apple cider or juice and cornstarch. Cook and stir till mixture is thickened and bubbly.

Cook for 1 minute more, stirring often. Add the peas and apples, tossing them gently together to evenly coat with sauce. Makes 4 servings.

Nutrition facts per serving: 102 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 82 mg sodium, 21 g carbo., 4 g fiber, and 5 g pro. Daily Values: 6% vit. A, 18% vit. C, 2% calcium, and 10% iron.

continued on page 154





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Penny Wise

continued from page 152

Steak Dinner for Less

Beef Steak with Red Onion Relish

Per serving: $0.94 and 246 calories

Roasted Garlic Mashed Potatoes

Per serving: $0.20 and 175 calories

Steamed Chard

Per serving: $0.25 and 18 calories

Total cost per serving: $1.39

Total calories per serving: 439

Beef Steak with Red Onion Relish

A good steak can easily be a part of a healthful diet. Choose a lean cut, such as sirloin, and trim off any excess fat.

- 1 lb. boneless beef sirloin, cut ¾ inch thick
- ¼ to 1 tsp. coarsely ground pepper
- 2 tsp. cooking oil
- 1 large red onion, thinly sliced and separated into rings
- ¼ cup dry red wine
- ½ tsp. dried sage, crushed
- ¼ tsp. salt

Cut the steak into four equal portions and rub both sides with the ground pepper. In a large nonstick skillet heat oil over medium-high heat; add steaks and cook about 4 minutes on each side for medium doneness. Remove the steaks from the skillet, reserving drippings; keep steaks warm.

In the same skillet cook onion in drippings over medium heat for 5 to 7 minutes or till crisp-tender. Add wine, sage, and salt. Cook for 1 to 2 minutes or till most of the liquid is evaporated. To serve, arrange steaks on plates; spoon onion mixture on top. Makes 4 servings.

Nutrition facts per serving: 246 cal., 12 g total fat (4 g sat. fat), 76 mg chol., 200 mg sodium, 3 g carbo., 1 g fiber, and 26 g pro. Daily Values: 0% vit. A, 2% vit. C, 1% calcium, and 20% iron.

Roasted Garlic Mashed Potatoes

Fluffy mashed potatoes make the perfect companion to steak. The savory flavor of sweet roasted garlic lets you use less margarine or butter for fewer total calories.

- 10 to 12 cloves garlic
- 1 tsp. cooking oil
- 4 medium potatoes (1 to 1½ lb.)
- 2 tsp. margarine or butter
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ cup milk

Place garlic cloves in a custard cup; drizzle with oil. Bake in a 350° oven about 20 minutes or till garlic is very soft; cool. When cool enough to handle, peel garlic, discarding skins and reserving oil.

Meanwhile, peel and cut up potatoes. Cook, covered, in boiling salted water for 20 to 25 minutes or till tender; drain. Transfer potatoes to a large mixing bowl. Mash potatoes with a potato masher or beat with an electric mixer on low speed. Add garlic, reserved oil, margarine or butter, salt, and pepper. Gradually beat in enough of the milk to make light and fluffy. Serve immediately. Makes 4 servings.

Nutrition facts per serving: 175 cal., 4 g total fat (1 g sat. fat), 1 mg chol., 316 mg sodium, 31 g carbo., 2 g fiber, and 3 g pro. Daily Values: 4% vit. A, 21% vit. C, 3% calcium, and 4% iron.

Steamed Chard

This quick and simple side-dish to steak and potatoes is vitamin-rich and prepared without fat or oil. If chard is not available, you may use another leafy green, such as kale or mustard greens, instead.

- 1 bunch Swiss chard (about 12 oz.)
- Salt

Wash chard; shake dry. Cut leaves from the stems. Cut leaves into 1-inch strips. Place steamer basket in a saucepan or skillet; add water till just below the basket. Bring water to boiling. Place chard in the steamer basket. Cover and steam about 5 minutes or till chard is just tender. Season with salt to taste; serve immediately. Makes 4 servings.

Nutrition facts per serving: 18 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 190 mg sodium, 4 g carbo., 2 g fiber, 2 g pro. Daily Values: 27% vit. A, 26% vit. C, 4% calcium, 13% iron.

Something to Come Home To

Pork and Lentil Cassoulet

Per serving: $0.87 and 354 calories

Citrus-Jicama Salad

Per serving: $0.54 and 178 calories

Total cost per serving: $1.41

Total calories per serving: 532

Pork and Lentil Cassoulet

A slow-cooked cassoulet is a hearty relief when it awaits you at home. Our variation uses lentils instead of the traditional white beans. In place of pork, you may substitute beef bottom round.

- ¾ lb. boneless pork shoulder
- 1 large onion, cut into wedges
- 2 cloves garlic, minced
- 2 tsp. cooking oil
- 2½ cups water
- 1 14½-oz. can tomatoes, cut up
- 4 medium carrots and/or parsnips, sliced ½ inch thick (2 cups)
- 2 stalks celery, thinly sliced
- ¾ cup lentils
- 1½ tsp. dried rosemary, crushed
- 1 tsp. instant beef bouillon granules
- ¼ tsp. salt
- ¼ tsp. pepper
- Fresh rosemary sprigs (optional)

Trim fat from pork; cut meat into ¾-inch cubes. In a large nonstick skillet brown pork, onion, and garlic in hot oil. Transfer mixture to a 3½- to 4-quart crockery cooker; add water, undrained tomatoes, carrots or parsnips, celery, lentils, rosemary, bouillon granules, salt, and pepper.

continued on page 156



So tasty you'll have seconds.

So light you won't have second thoughts.



ou've got it made when you prepare your meal with fresh tasting Dole® Canned Pineapple. -free, low in sodium, and delicious, it's perfect for people who love to eat, but like it light.

Garden Patch Pizza

sh 12-inch pizza crust with 1 tbsp. vegetable oil. **Spoon** 1 cup pizza sauce over crust. **Top** with 1-1/2 cups shredded low-fat mozzarella cheese, 1 cup drained DOLE Pineapple Tidbits Chunks, 1 cup cooked broccoli florets, 1/4 cup sliced red bell er and 2 tbsp. chopped green onion. **Bake** at 425°F 20 min. until crust is golden brown. **Serve.** Makes one 12-inch pizza.

Per serving: 190 calories, 4g fat (1g sat.), 6mg cholesterol, 322mg sodium, 26g carbohydrate, 12g protein





Tropical Berry Blast

Combine 1 ripe DOLE Banana, quartered, 1 can (8 oz.) DOLE Crushed Pineapple, drained, 1 cup milk and 1/2 cup fresh *or* frozen raspberries *or* strawberries in blender or food processor container. **Cover;** blend until thick and smooth. **Serve** immediately. Makes 2 servings.

Per serving: 209 calories, 3g fat (2g sat.), 9mg cholesterol, 64g sodium, 43g carbohydrate, 5g protein

Black Bean Luau Salad

Combine 1 can (20 oz.) DOLE Pineapple Chunks, drained, 1 can (14-16 oz.) black beans, rinsed and drained, 1-1/2 cups cooked white *or* brown rice, 1-1/2 cups cubed cooked chicken breast, 1 medium red *or* green bell pepper, chopped, 1/2 cup chopped celery and 1/2 cup chopped green onion in large bowl. **Pour** 1/2 cup fat free *or* light honey Dijon dressing over salad; toss to coat. **Serve.** Makes 8 servings.

Per serving: 260 calories, 2g fat (1g sat.), 32mg cholesterol, 204mg sodium, 42g carbohydrate, 18g protein

for more? Send a self-addressed stamped business envelope to: Dole Pineapple Recipes, P.O. Box 9042-L, Clinton, IA 52736-9042 or www.dole5aday.com. ©1997 Dole Food Company, Inc. Dole ® is a registered trademark of Dole Food Company, Inc.

Penny Wise

continued from page 154

Cover and cook on high-heat setting for 4½ to 5½ hours (12 hours if using the low-heat setting). Garnish with a fresh rosemary sprig, if desired. Makes 4 servings.

Nutrition facts per serving: 354 cal., 12 g total fat (3 g sat. fat), 37 mg chol., 641 mg sodium, 37 g carbo., 5 g fiber, 26 g pro. Daily Values: 167% vit. A, 37% vit. C, 8% calcium, and 37% iron.

Citrus-Jicama Salad

To enjoy this Southwestern-style salad at its best, use only the firmest jicama available.

- 2 Tbsp. orange juice
- 1 Tbsp. lemon juice
- 1 Tbsp. honey
- 1 tsp. Dijon-style mustard
- ⅓ cup salad oil
- Lettuce leaves
- 1 medium grapefruit, peeled and sectioned
- 2 medium oranges, peeled and sectioned
- 1 medium jicama, peeled and cut into julienne sticks (about 2 cups)
- Cracked black pepper

For dressing, in a blender container combine orange juice, lemon juice, honey, and mustard. Cover and blend till smooth. With blender running, slowly add oil through hole in lid in a thin, steady stream. Continue blending till mixture is thickened. Cover and chill till serving time.

In 4 lettuce-lined salad bowls arrange grapefruit sections, orange sections, and jicama. Use half of the dressing for salads, reserving remainder for another use. Sprinkle salads with cracked black pepper. Makes 4 servings.

Nutrition facts per serving: 178 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 18 mg sodium, 23 g carbo., 3 g fiber, 2 g pro. Daily Values: 3% vit. A, 120% vit. C, 3% calcium, 5% iron.

Quick Fix-Up

Sausage and Spinach Over Polenta

Per serving: $1.16 and 370 calories

Sausage and Spinach Over Polenta

For a more authentic Italian country flavor, use turkey sausage with fennel.

- 1 14½-oz. can reduced-sodium chicken broth
- 1¾ cups water
- 1¼ cups cornmeal
- ¾ cup shredded reduced-fat mozzarella cheese (3 ounces)
- 12 oz. fully cooked smoked turkey sausage (95% fat free)
- 1 tsp. cooking oil
- 1 medium onion, cut into thin wedges
- 4 cloves garlic, minced
- ¼ to ½ tsp. crushed red pepper
- 1 tsp. cornstarch
- 10 oz. fresh spinach, trimmed and coarsely chopped

Set aside ⅓ cup chicken broth. For polenta, in a 3-quart saucepan heat remaining chicken broth and water just till boiling. Slowly stir in cornmeal, ¼ cup at a time. Bring mixture to boiling; reduce heat to very low. Cover and cook for 20 minutes, stirring often. Stir in ½ cup of the cheese. Spread on a baking sheet to a 10x 8-inch rectangle; cover and chill for 3 hours or overnight.

To serve, sprinkle chilled polenta with the remaining cheese; bake, uncovered, in a 350° oven for 20 minutes or till hot. Meanwhile, bias-cut the sausage into ¼-inch-thick slices. In a large nonstick skillet heat oil; add sausage, onion, garlic, and red pepper. Cook mixture for 5 minutes or till the onion is tender and sausage is heated through.

In a small mixing bowl stir together reserved chicken broth and cornstarch. Stir into mixture in skillet. Cook and stir till boiling; reduce heat. Add spinach, a little at a time, stirring constantly till all is wilted. To serve, cut baked polenta into rectangles and arrange on plates. Top with sausage-spinach mixture. Makes 4 to 6 servings.

Nutrition facts per serving: 370 cal., 10 g total fat (6 g sat. fat), 94 mg chol., 1,249 mg sodium, 41 g carbo., 4 g fiber, 26 g pro. Daily Values: 48% vit. A, 86% vit. C, 29% calcium, and 37% iron.

Kids' Night In

Pizza Burgers

Per serving: $0.89 and 370 calories

Creamy Pasta Salad

Per serving: $0.39 and 152 calories

Total cost per serving: $1.28

Total calories per serving: 522

Pizza Burgers

Chase away the last chilly days of winter with an indoor picnic dinner of burgers and pasta salad.

- 1 egg
- ¼ cup rolled oats
- 2 Tbsp. catsup
- ¾ tsp. dried Italian seasoning, crushed
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. salt
- ¾ lb. lean ground beef
- 4 oz. reduced-fat mozzarella cheese, sliced
- 4 whole wheat buns or kaiser rolls, split and toasted
- Lettuce leaves (optional)
- Tomato slices (optional)
- Catsup (optional)

In a medium mixing bowl beat egg slightly with a fork. Stir in the oats, 2 tablespoons catsup, dried Italian seasoning, garlic powder, onion powder, and salt. Add ground beef; mix well. Shape mixture into four ¾-inch-thick patties.

Place patties on an unheated rack in a broiler pan. Broil 3 to 4 inches from the heat for 12 to 14 minutes or till well-done, turning once. Top with cheese; broil 1 minute more or till cheese is melted.

continued on page 158



ASIAN BEEF & NOODLES – 25 MINUTES

- 1¼ pounds ground beef
- 2 packages (3 oz each) Oriental flavor instant ramen noodles
- 2 cups frozen vegetable mixture
- ¼ teaspoon ground ginger
- 2 tablespoons thinly sliced green onion

1. In large nonstick skillet, brown ground beef over medium heat 10 to 12 minutes or until beef is no longer pink, breaking up into ¾" pieces. Remove with slotted spoon; pour off drippings. Season beef with one seasoning packet from noodles; set aside.
2. In same skillet, combine 2 cups water, vegetables, noodles (broken up), ginger and remaining seasoning packet. Bring to a boil; reduce heat. Cover; simmer 3 minutes or until noodles are tender, stirring occasionally. Return beef to skillet; stir in green onion. Makes 4 servings.

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BEEF

IT'S WHAT'S FOR DINNER.®

Penny Wise

continued from page 156

Serve hot pizza burgers on toasted buns or kaiser rolls with lettuce, tomato slices, and additional catsup or other condiments, if desired. Makes 4 burgers.

Nutrition facts per serving: 370 cal., 15 g total fat (7 g sat. fat), 122 mg chol., 711 mg sodium, 28 g carbo., 3 g fiber, and 30 g pro. Daily Values: 5% vit. A, 2% vit. C, 26% calcium, and 20% iron.

Creamy Pasta Salad

We call it creamy because of the dressing, but there's no cream in the recipe and only a gram of fat per serving.

- 2 cups small pasta, such as wagon wheels, corkscrews, or elbow macaroni
- 2 medium carrots, thinly sliced or crinkle cut (about 1 cup)
- 1 cup frozen peas
- ¼ cup fat-free mayonnaise or salad dressing
- ¼ cup plain low-fat yogurt
- 1 tsp. sugar
- ½ tsp. salt
- ⅛ tsp. white or black pepper

In a large saucepan cook the pasta according to package directions, adding the carrots to the water for the last 7 minutes of cooking. Drain pasta and carrots well. Stir in the peas; rinse with cold water to chill quickly. Drain again; transfer to a serving bowl. Cover and chill till ready to add dressing.

For dressing, stir together the mayonnaise or salad dressing, yogurt, sugar, salt, and pepper. Pour dressing over pasta and vegetables. Makes 6 servings.

Nutrition facts per serving: 152 cal., 1 g total fat (0 g sat. fat), 1 mg chol., 344 mg sodium, 31 g carbo., 2 g fiber, and 6 g pro. Daily Values: 54% vit. A, 4% vit. C, 2% calcium, and 10% iron.

Make-Ahead Vegetarian

Red Bean "Shepherd's Pie"

Per serving: $1.19 and 376 calories

Sunflower Green Salad with Thyme Vinaigrette

Per serving: $0.28 and 117 calories

Total cost per serving: $1.47

Total calories per serving: 493

Red Bean "Shepherd's Pie"

This lamb-free version of the English classic satisfies both the shepherd and the sheep.

- 1 lb. small red potatoes
- 1 Tbsp. cooking oil
- 2 medium onions, chopped
- 2 stalks celery, sliced
- 4 cloves garlic, minced
- ¼ tsp. cracked black pepper
- 1 15- to 16-oz. can garbanzo beans, drained and rinsed
- 1 15- to 16-oz. can red beans, drained and rinsed
- 1 cup frozen peas
- 1 cup chopped green sweet pepper
- 1 10¾-oz. can condensed cream of potato soup
- ¼ cup skim milk
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- 2 oz. reduced-fat Monterey Jack cheese, shredded (½ cup)

Scrub potatoes and thinly slice. Cook, covered, in enough boiling water to cover for 4 to 5 minutes or till nearly tender. Drain. Run cold water over potatoes in colander. Drain and set aside.

In a large saucepan heat oil. Add onions, celery, garlic, and black pepper; cook for 5 minutes or till vegetables are tender. Mash ½ cup of the garbanzo beans; add to vegetable mixture along with the remaining garbanzo beans, red beans, peas, sweet pepper, soup, milk, cumin, and coriander. Gently stir to combine.

In a greased 2-quart casserole, place a single layer of potato slices. Spoon bean mixture on top and cover with remaining potato slices in layers, overlapping if necessary.

Bake shepherd's pie, covered, in a 350° oven for 35 minutes. Uncover and top with cheese. Bake 10 minutes more or till the cheese melts. Makes 5 servings.

Make-ahead directions: Prepare as directed but do not bake or top with cheese. Cover tightly and chill overnight. To serve, bake, covered, in a 350° oven for 1 hour or till heated through. Uncover and sprinkle with cheese.

Bake, uncovered, 5 minutes more or till cheese melts.

Nutrition facts per serving: 376 cal., 8 g total fat (2 g sat. fat), 11 mg chol., 1,073 mg sodium, 63 g carbo., 12 g fiber, and 19 g pro. Daily Values: 6% vit. A, 41% vit. C, 16% calcium, and 35% iron.

Sunflower Green Salad with Thyme Vinaigrette

Serve this refreshing salad of field greens with the shepherd's pie. The dressing recipe can be made with different herbs or a combination of herbs to suit your taste.

- 1 small carrot
- 4 cups torn romaine or other greens
- ½ cup thinly sliced radishes
- ⅓ cup finely shredded green or red cabbage
- 3 Tbsp. toasted sunflower seeds
- ¼ cup cider vinegar
- 3 Tbsp. salad oil
- ½ tsp. dried thyme, crushed
- ¼ tsp. pepper

Peel carrot and shave thin slices with peeler. In a large salad bowl toss carrot shavings, romaine, radishes, cabbage, and sunflower seeds.

In a screw-top jar combine vinegar, oil, thyme, and pepper. Cover and shake well. Toss salad with dressing. Makes 5 side-dish servings.

Nutrition facts per serving: 117 cal., 11 g total fat (1 g sat. fat), 0 mg chol., 11 mg sodium, 5 g carbo., 2 g fiber, and 2 g pro. Daily Values: 52% vit. A, 27% vit. C, 2% calcium, and 7% iron.

continued on page 160


More "thank-yous" per serving than any other side dish.
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Penny Wise

continued from page 158

Penny-Wise, Pound-Smart Strategies

Preparing health-wise family meals that don't cost a bundle is easier than you think if you employ the right technique. The United States Department of Agriculture's (USDA) Food Guide Pyramid is the perfect place to start. Here are some strategies, based on information from the Food Guide Pyramid and other professional health experts:

• **Start at the bottom:** Fats, oils, and sweets—listed at the top of the Food Guide Pyramid—can wreak havoc with both your diet and your budget if overindulged in. Not only are these items high in calories but they also tend to be high in cost. Enjoy them only sparingly.

• **Moving up the chart:** The bottom of the Food Guide Pyramid suggests six to eleven servings of breads, rice, pasta, and cereals. This makes sense from a health standpoint and is also very cost-effective. Extending high-cost meats, fish, and poultry with low-cost grains, rice, and pasta is an excellent way to stay within both your food and your calorie budget.

• **Get a leg up on legumes:** In the protein group, the little bean is the biggest nutrition bargain. Beans and other legumes (such as split peas and lentils) are delicious alternatives to meat, poultry, and fish. They are low-cost as well as low-fat. Each week, plan on serving a few meatless meals using beans and legumes. For even better value, use dried beans rather than canned. Although they take extra time to prepare, they are less expensive in the long run.

• **Fit in 5-A-Day:** Expert health organizations, such as the National Cancer Institute and the Produce for Better Health foundation, urge everyone to eat at least five servings of fruits and vegetables each day. (A serving is one medium piece of fruit, ½ cup cut-up fruit, or ½ cup cooked vegetables.



The United States Department of Agriculture's Food Guide Pyramid is still the best source for direction on how to enjoy healthful, balanced meals. Start at the bottom with 6 to 11 servings of cereals, breads, and grains, and step lightly when you reach the top with fats, oils, and sweets. In between, remember 5-A-Day for your servings of fruits and vegetables.

To do this economically, take advantage of fresh fruits and vegetables in season. In the off seasons, consider frozen or canned produce—it's about the same nutritionally as fresh.

• **Easy does it at the dairy case:** Dairy products can be a major source of calories from fat. Read labels and, when possible, use low-fat dairy items. Soy-based cheese substitutes are also a good bet. All of these products are usually comparable in price to regular dairy products.

• **Stay light and lean:** Go easy on the meat, fish, and poultry. Serve only two to three ounces of cooked meat per serving and opt for the leanest meat cuts. They're better for you and cost less per serving. For example, 90 percent lean ground beef usually costs more per pound than 85 percent lean ground beef. But you can get five to six servings per pound of 90 percent lean compared to four servings per pound for the 85 percent lean.

• **Keep the use of the product in mind:** When shape, uniformity of size, or color of a product is unimportant, use the thriftiest form. For example, canned mushroom stems and pieces are less expensive than canned sliced or whole mushrooms.

• **And don't forget smart shopping:** The oft-repeated warning to never go grocery shopping when you're hungry is worth heeding. Items bought on impulse tend to be snack foods rich in fats or sugars which may end up replacing low-fat, high complex-carbohydrate foods in your diet. Again, these foods are usually more expensive than fruits and vegetables, too.

Some people journey to distant mountains to replenish their creativity. I prefer a short trip to the dairy case.





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the clever cook™

Each month in this column you'll find tips from other good cooks. See the box *at right* to find out how you can earn money for sharing your favorite cooking secrets.

Paste in Small Portions

For recipes calling for small amounts of canned tomato paste, I use a tablespoon to spoon it out onto waxed paper, then freeze the mounds on a tray or platter in the freezer. Once they are frozen, they can be placed together in a heavy-duty freezer bag and used one at a time with no waste.

Barbara Black, Waterford, Mich.

Easy Pickled Carrots

Save the juice from a finished jar of sweet pickles or pickle chips. Cut carrots into sticks and place them in the jar of pickle juice. Cover and marinate for at least 24 hours. The carrots are good for snacking for a couple of weeks. Discard the juice after one reuse.

Gloria Burke, Glendale, Calif.

Pretzels for Nuts

When baking chocolate chip, raisin, or oatmeal drop cookies, you can substitute coarsely crushed pretzels for any chopped nuts called for in the recipe. You get the taste and texture of nuts with almost none of the fat.

T. Stephens, Ohio

Yummy Dessert Coffee

For a topping that elevates after-dinner coffee to dessert status, beat ½ cup whipping cream with flavored hot-chocolate mix (about 2 tablespoons). Beat till soft peaks form, then spoon or pipe over cups of hot coffee; sprinkle with cinnamon.

Karen S. Fries, Ft. Wayne, Ind.

Be a Clever Cook

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send your tips to: The Clever Cook, *BH&G* Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.

nutrition information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the nutrition analysis.

Where milk is used, the analysis is calculated using two-percent milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as "margarine or butter"), we use the first ingredient mentioned. Ingredient order does not mean we prefer one ingredient over another. When a range is given (such as "4 to 6 servings"), we use the first serving size suggested for the nutrition analysis.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest levels of nutrients that moderately active adults should strive to eat on a daily basis.

There is no real harm in going over or under these nutrition guidelines in any single day, but it is a good idea to aim for a balanced diet over time.



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[illegible]

by David Feder



Tapenade is sometimes referred to as "poor man's caviar." This spread, and the raisin spread, (see recipes *below*) can be kept, covered, in a glass container for up to two weeks.

Spread's the Word

[illegible]s for butter on your bread or make-ahead companions for [illegible] spreads are quick, tasty, and as formal or casual [illegible]ut a ramekin of each and pass around the crackers and [illegible]oth spreads ahead of time and store them in the refrigerator.

Raisin-Spice Spread

In a large skillet cook ¼ cup chopped onion in 1 tablespoon cooking oil till tender. Add ½ cup raisins, ½ cup dry red wine, ¼ cup snipped, oil-pack dried tomatoes (drained), and ⅛ teaspoon ground cloves. Bring to boiling. Reduce heat and simmer, uncovered, till liquid is reduced to about 1 tablespoon and raisins are soft. Transfer to food processor bowl and process till almost smooth. Transfer to serving or storage container. Serve warm or chilled. Makes about ½ cup.

Nutrition facts per tablespoon raisin spread: 62 cal., 2 g total fat, 0 mg chol., 20 mg sodium.

Tricolor Tapenade

In a food processor bowl combine ¼ cup pitted ripe olives, ¼ cup pimiento-stuffed green olives, ¼ cup purchased roasted sweet pepper, 1 teaspoon olive oil, 1 teaspoon snipped fresh oregano, and ¼ teaspoon ground pepper. Cover and process with several on-off turns till coarsely chopped. (Or, coarsely chop olives and sweet pepper by hand. Stir in oil, oregano, and ground pepper.) Transfer to serving dish and chill, covered, before serving. Makes about ½ cup.

Nutrition facts per tablespoon tapenade: 15 cal., 0 g total fat, 2 mg chol., 100 mg sodium.

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Easy Chicken & Vegetable Stir-Fry

Prep time: 5 min. Cook time: 10 min.

•1 lb. chicken strips • 21 oz. pkg. teriyaki stir-fry frozen vegetable combination* • 1 1/3 cups (2.8 oz. can) French's® French Fried Onions • 3 cups cooked rice

❶ Heat **1 Tbsp. oil** in nonstick skillet; stir-fry chicken until browned, 5 min.



❷ Add vegetables; stir-fry until crisp-tender. Stir in contents of sauce packet; cook until hot.

❸ Microwave French Fried Onions 1 min. Sprinkle over stir-fry. Serve with rice.

Makes 6 servings.

*Or substitute 4 cups frozen vegetables and 3/4 cup teriyaki stir-fry sauce.

French's® Makes a Noticeable Difference



Last month, we celebrated 75 years of good cooking by featuring a collection of your favorite *Better Homes and Gardens*® recipes. But, there just wasn't enough space in the January issue to include all of your favorites. So, this month and throughout 1997, we'll continue the celebration by showcasing a best-loved recipe in every issue.

Dreamy Dessert from November 1987

Walnut Mocha Torte is one sweet treat that you've never forgotten. Since it won $100 in our Prize Tested Recipes® contest in 1987, this clever recipe has been requested again and again by readers (and it's a favorite of our Test Kitchen staff, too). The cake batter is completely mixed in your blender or food processor, and the baked results are rich, moist, and nutty.

Walnut Mocha Torte

The generous amount of nuts reduces the flour required to only 2 tablespoons, making the cake light and delicate.

- 1 cup walnuts or pecans
- 2 Tbsp. all-purpose flour
- 2½ tsp. baking powder
- 4 eggs
- ¾ cup sugar
- 1 recipe Mocha Frosting
- Chocolate curls (optional)
- Edible rose petals (optional)

Grease and lightly flour two 8x1½-inch round baking pans; set aside. In a medium bowl combine the walnuts or pecans, flour, and baking powder. In a blender container or food processor bowl blend eggs and sugar, covered, till smooth. Add nut mixture. Cover and blend till smooth. Spread cake batter in prepared pans.

Bake in a 350° oven for 20 to 25 minutes or till cake springs back when lightly touched (center may dip slightly). Cool in pans for 10 minutes on wire racks. Remove from pans; cool completely.

Split each cake layer in half. Spread Mocha Frosting between layers and on top and sides of cake. Chill frosted cake several hours before serving. To serve, cut into wedges; top with chocolate curls and garnish with rose petals, if desired. Makes 8 servings.

Mocha Frosting: In a small chilled mixer bowl dissolve 1 teaspoon crushed instant coffee crystals in 1 cup whipping cream; beat with an electric mixer on low speed till slightly thickened. Add ⅓ cup sugar and ¼ cup unsweetened cocoa powder; beat till stiff peaks form. Makes 2½ cups.

Nutrition facts per serving: 360 cal., 23 g total fat (8 g sat. fat), 147 mg chol., 158 mg sodium, 34 g carbo., 1 g fiber, 7 g pro. Daily Value: 18% vit. A, 1% vit. C, 15% calcium, 9% iron.



How do you

cook fantastic flavors into a festive, family meal?

Just ask Pati and Troy Mitchell.



Pati Mitchell's Garlic Chicken

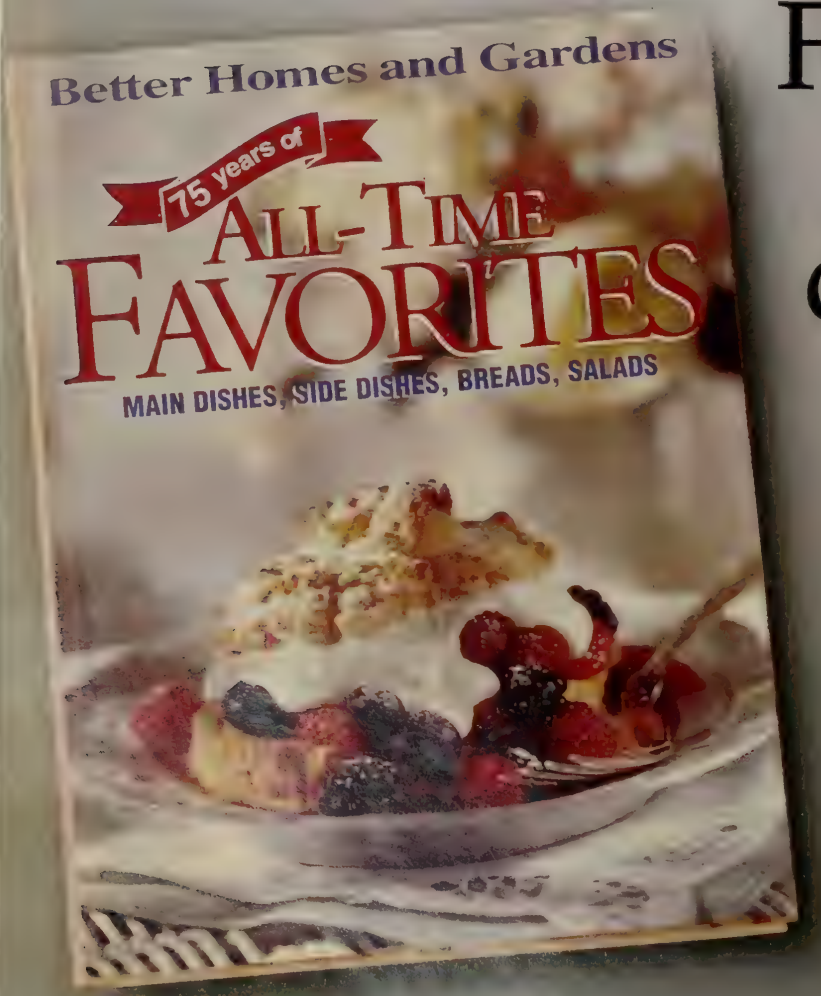
"pati really tears it up in the kitchen," troy says. He's the adoring husband. "it's my way of expressing myself," she adds. Pati's famous Garlic Chicken starts with chicken and vegetables marinating in crisco® oil. It's purified four ways to taste light. She knows that it lets the true flavor of the food come through. troy says, "you don't get that oil taste. the vegetables taste like...vegetables." One more reason so many great american cooks agree...

GREAT MEALS
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Monday's child is fair of face,

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Wednesday's child is full of woe,

Thursday's child has far to go,

Friday's child is loving and giving,

Saturday's child has to work for its living,

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How About a Date?

by Jeanne Ambrose



No need to feel nervous about your first date. Just take a deep breath and head to the nearest grocery store where you'll find plenty of the small, oval-shaped fruits. Dates are available whole (often pitted) and chopped. This sweet cake will steal your heart, even if it's your first date.

Date-Ginger Cake

Use kitchen shears to cut dates, dipping the shears in water between snips to keep the dates from sticking.

- 1 cup all-purpose flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- ⅓ cup butter or margarine, softened
- 1 tsp. grated fresh gingerroot or ½ tsp. ground ginger
- ½ cup sugar
- 1 egg
- ½ cup orange or lemon yogurt
- 2 Tbsp. milk
- 1 cup pitted whole dates, snipped
- 2 Tbsp. all-purpose flour
- 1 recipe Orange Sauce

Grease and flour an 8x8x2-inch baking pan; set aside. In a bowl stir together the 1 cup flour, baking powder, and baking soda; set aside.

In a medium mixing bowl beat butter or margarine and gingerroot or ginger at medium speed of electric mixer for 30 seconds. Add sugar; beat till fluffy. Add egg; beat well. Stir in yogurt and milk.

Add flour mixture, beating on low to medium speed till combined. Toss dates with remaining flour; fold into batter. Spread evenly in prepared pan.

Bake in a 350° oven for 30 to 35 minutes or till a toothpick inserted in center comes out clean. Cool slightly (about 30 minutes). Cut into squares. Serve with Orange Sauce. Makes 9 servings.

Orange Sauce: In a saucepan stir ¼ cup sugar, 2½ teaspoons cornstarch, 1 teaspoon grated fresh gingerroot (or ½ teaspoon ground ginger), and ¼ teaspoon finely shredded orange peel. Stir in ¾ cup orange juice. Cook and stir over medium heat till the mixture is thickened and bubbly; cook and stir 2 minutes more. Remove pan from heat. Stir in 1 tablespoon margarine or butter, cut up, till melted. Cover pan and cool slightly. Serve warm. Makes a scant 1 cup.

Nutrition facts per serving: 277 cal., 9 g total fat (5 g sat. fat), 43 mg chol., 176 mg sodium, 48 g carbo., 2 g fiber, 3 g pro. Daily Values: 9% vit. A, 17% vit. C, 6% calcium, 7% iron.





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Simmered Tuscan Chicken

- 1 pound boneless chicken breasts, cut into 1" cubes
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 4 medium potatoes, cut into ½" cubes (about 4 cups)
- 1 medium red bell pepper, diced
- 1 jar (27.7 oz.) Ragú Old World Style® Pasta Sauce
- 1 pound fresh or frozen cut green beans
- 1 teaspoon dried basil
- Salt and pepper to taste

In a 12" skillet, sauté chicken and garlic in olive oil until chicken is lightly browned. Add potatoes and peppers; continue to cook about 5 minutes, stirring occasionally. Add sauce, basil, green beans, salt and pepper; bring to a boil. Reduce heat to medium; cover and simmer for 35 minutes or until chicken is thoroughly cooked and potatoes are tender. Stir occasionally. Cooking time: 40 minutes. Serves 6.







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Nuts to You

by Julia Martinusen

When nuts are as good as gold, they aren't kidding. Early American settlers considered them to be such a delicacy that they exchanged nuts for tools. Today, nuts still add valuable crunch and flavor to everything from soup and pasta to tarts.





Fettuccine with Mixed Nuts and Gorgonzola

- 1 9-oz. pkg. refrigerated fettuccine or linguine
- ¾ cup chopped hazelnuts, pecans, and/or pine nuts
- 1 Tbsp. butter
- 1 Tbsp. olive oil
- ½ cup crumbled Gorgonzola or blue cheese
- ¼ cup shredded Parmesan cheese
- 2 Tbsp. snipped fresh basil
- Fresh basil (optional)

Cook pasta in boiling water according to package directions; drain. Return to pan; keep warm.

Meanwhile, in a medium skillet cook the nuts in butter and olive oil till toasted and butter begins to brown, stirring frequently. Add nut mixture to pasta; add Gorgonzola or blue cheese, Parmesan cheese, and the snipped basil. Toss gently to coat. Transfer to a serving platter. If desired, garnish with fresh basil. Makes 6 side-dish servings.

Nutrition facts per side-dish serving: 298 cal., 19 g total fat (4 g sat. fat), 23 mg chol., 212 mg sodium, 25 g carbo., 1 g fiber, 9 g pro. Daily Values: 4% vit. A, 0% vit. C, 8% calcium, 5% iron.

Apricot-Almond Tart

A bit of whipped cream adds a perfect touch to this treat.

- 6 Tbsp. cold butter
- 1¼ cups all-purpose flour
- 1 beaten egg yolk
- 2 to 3 Tbsp. ice water
- ½ cup snipped dried apricots
- ⅔ cup light-colored corn syrup
- ⅓ cup granulated sugar
- 2 beaten eggs
- 2 Tbsp. butter, melted
- 1 cup sliced almonds
- Whipped cream (optional)

continued on page 174

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Nuts to You

continued from page 172

In a medium bowl cut cold butter into flour till pieces are the size of small peas. In a small bowl combine the egg yolk and 1 tablespoon of the ice water. Gradually stir the yolk mixture into flour mixture. Sprinkle 1 more tablespoon ice water over mixture; gently toss with a fork. Repeat with remaining ice water till all of mixture is moistened. Gently knead the dough just till a ball forms.

On a lightly floured surface, flatten dough with hands. Roll dough from center to edges, forming a circle about 11 inches in diameter. Ease the pastry into a 9-inch tart pan with a removable bottom or a 9-inch pie plate. Trim edges of pastry even with the pan. Line the pastry shell with a double thickness of foil to prevent it from puffing. Bake in a 450° oven for 10 minutes. Remove foil; bake 4 to 5 minutes more or till pastry is nearly done. Remove from oven. Reduce oven temperature to 325°.

For filling, in a saucepan combine snipped dried apricots and enough water to cover. Bring mixture to boiling; reduce heat. Cover and simmer 5 minutes. Remove from heat; drain. In a bowl combine corn syrup, sugar, beaten eggs, and melted butter. Gently stir in drained apricots and almonds.

Place the baked crust on a baking sheet. Carefully spoon the almond filling into crust. Bake in the 325° oven for 30 to 35 minutes or till a knife inserted near the center comes out clean. Cool in pan on a wire rack. If using tart pan, remove sides of pan. Cut tart into wedges to serve. If desired, top with whipped cream. Makes 10 servings.

Nutrition facts per serving: 318 cal., 16 g total fat (7 g sat. fat), 88 mg chol., 122 mg sodium, 40 g carbo., 2 g fiber, 6 g pro. Daily Values: 18% vit. A, 0% vit. C, 5% calcium, 17% iron.

Thai Peanut Soup

This creamy soup (at right) blends flavors popular in Thai recipes, including peanuts, coconut, lemongrass, and a little bit of ground red pepper for "heat." Serve small portions as an appetizer course or serve along with a salad for a full meal.

- ⅓ cup finely chopped onion
- ⅓ cup finely chopped celery
- 2 Tbsp. finely chopped red sweet pepper
- 1 Tbsp. margarine or butter
- 3 Tbsp. all-purpose flour
- 1 Tbsp. very finely chopped lemongrass (white portion only) or 1 tsp. finely shredded lemon peel
- ¼ tsp. ground red pepper
- 1 14½-oz. can (about 1¾ cups) chicken broth
- 1 13½-oz. can (about 1½ cups) coconut milk (unsweetened)
- ½ cup smooth peanut butter
- 1 Tbsp. soy sauce
- Chopped peanuts (optional)
- Snipped cilantro (optional)
- Red sweet pepper strips (optional)

In a medium saucepan cook finely chopped onion, celery, and red sweet pepper in hot margarine or butter about 4 minutes or till vegetables are tender, stirring occasionally. Stir in flour, lemongrass or lemon peel, and ground red pepper. Add chicken broth and coconut milk all at once. Cook and stir till mixture is slightly thickened and bubbly. Cook and stir for 1 minute more.

Add peanut butter and soy sauce; stir till well blended and heated through. If desired, top each serving with peanuts, cilantro, and red pepper strips. Makes 8 side-dish servings (4 cups).

Nutrition facts per serving: 268 cal., 24 g total fat (13 g sat. fat), 4 mg chol., 395 mg sodium, 8 g carbo., 1 g fiber, and 7 g pro. Daily Values: 2% vit. A, 5% vit. C, 1% calcium, and 8% iron.



Quick and Nutty Ideas

A sprinkling of nuts turns an ordinary recipe into something extra special, adding big crunch and great nutty flavor. Try these quick hints.

Top cookies and cakes. Sprinkle toasted chopped or ground nuts onto frosted cakes or cookies. First, shake the chopped nuts in a sieve to remove the fine nut dust that comes from chopping.

Switch nuts. Substitute a different kind of nut in your favorite recipe. Turn a pecan bar into a tropical macadamia bar or traditional banana nut bread into a hazelnut bread.

Show off a simple salad. Sprinkle toasted nuts over tossed greens and fruit; do so just before serving so the nuts don't lose their crunch. For toasting directions, see *page 176*.

Go meatless. Toss a few nuts into your next stir-fry as a protein to replace some or all of the meat. Remember, nuts have nutrition benefits and are cholesterol free, but they are not low in fat.

Jazz up pie pastry. Stir ⅓ cup finely chopped nuts into the flour mixture for pie pastry.

continued on page 176

Minute

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SOUPER RICE

1. Make a can of Campbell's® Cream of Mushroom Soup and bring to a boil. Add two cups of Minute® Rice.
2. Cover, remove from heat and let stand for 5 minutes. Stir. It's perfect. Delicious. And don't count on leftovers.



Nuts to You

continued from page 174

Crown your casseroles. Sprinkle chopped nuts atop your favorite casserole the last 10 minutes of baking, and bake, uncovered, to develop a toasty flavor and extra crunch.

Top your oatmeal. Sprinkle a few nuts onto a bowlful of hot oatmeal just before serving.

TOAST FOR FLAVOR

Spread whole, chopped, or sliced nuts in a thin layer in a shallow baking pan. Bake in a 350° oven for 5 to 10 minutes or till light golden brown, stirring 2 or 3 times. Keep a close eye on them as they can burn easily; sliced and chopped nuts brown faster than whole nuts.

Nitty Gritty on Nuts

Almonds: Almonds are light colored and have a rich but mild flavor that goes well in many foods, such as stir-fries, salads, breads, cookies, cakes, and pastries. Classic almond recipes include trout amandine (which means "with almonds"), marzipan, and German lebkuchen. Unshelled almonds (with skin on) may be whole or sliced. Blanched unshelled almonds (skin removed) may be whole, slivered (peeled and sliced lengthwise into quarters), or ground.

Brazil nuts: These have a thin, brown skin and an oily, rich flavor. They're not used much in cooking, but are often mixed with other salted nuts for a snack.

Cashews: Cashews have a rich, buttery flavor and are often used in cashew-nut butter, stir-fries, and snack mixes.

Hazelnuts: Also known as filberts, hazelnuts have a mild, sweet flavor. This nut is enjoying a rediscovery as a cooking nut. It's delicious in cakes, cookies, pastries, pasta dishes, and salads.

Macadamias: These tropical nuts taste rich, sweet, and buttery. Consider using them as you would cashews—in stir-fries or fruit salads. Most macadamia nuts are sold already shelled, roasted in oil, or dry roasted.

Peanuts: The popular peanut is often mistakenly called a nut. It's actually a legume. Peanuts have a buttery, nutty flavor when roasted. Peanuts star in many cookies and candies and play a lead role in some ethnic sauces and main dishes. Unshelled peanuts can be raw or roasted. Shelled peanuts may be raw, roasted in oil, or dry roasted, and may be salted or unsalted.



Pecans: Pecans have a delicate flavor. Many classic dishes, such as rice dressing, pecan pie, pralines, caramel-pecan rolls, and butter-pecan ice cream, evolved in the South where pecan trees are abundant. Pecans also are great in salads, breads and muffins, vegetable dishes, or covered in caramel and dipped in chocolate.

Pine nuts: The pine nut, also known as pignolia or piñon, has a sweet, faint pine flavor. The small, creamy white nut can be slender and pellet-shaped or more triangular. Pine nuts are frequently used in Italian dishes, such as pasta sauces, pesto, risotto, and cookies.

Pistachios: The seed of the fruit of a small evergreen tree, the pistachio shell is naturally beige, but it is often dyed red or green. (This practice began in the 1930s to disguise their blemished shells.) The thin, oval shell, which is split at one end, encases a ½-inch-long nut with a paper-thin brown skin. Pistachios have a mild, sweet flavor similar to almonds. They are often used for snacking, but are being discovered for cooking in cakes, cookies, and meat pâtés.

Walnuts: Walnuts are the seed of either English (Persian) walnut trees or native North American black walnut trees. The English walnut is mild in flavor. The black walnut is smaller than the English walnut and has a richer, more intense flavor; its black shell is very hard, thick, and rough. Perhaps the most widely used nut in American cooking, the English walnut is popular in yeast and quick breads, cookies, pies, and Greek dishes. When added to some recipes, such as stir-fries, the nut may add a brownish tint to the dish.

SQUIRRELING NUTS AWAY

Heat, light, and moisture cause nuts, especially shelled nuts, to go rancid quickly. You can store whole nuts (in the shell) in a cool dry place for up to 6 months. In the freezer, they will keep indefinitely. The refrigerator or freezer is the best place to store shelled nuts for any length of time. Store them in the refrigerator for up to a month or in the freezer for up to 6 months. You can also store toasted nuts in the freezer for up to a month. An unopened jar of peanut butter will stay fresh in a cool, dry place for 2 years. Once the jar is opened, the flavor deteriorates after 3 months; however, refrigeration keeps the peanut butter fresher longer.







From Austin to Boston, these south-of-the-border treats are changing the way we think of sandwiches. ¡Viva la Revolución!

food

Quick Quesadillas

As a quick snack, tortillas stack up great—literally. Quesadillas (keh-suh-DEE-yahs), popular Mexican "sandwiches" made with flour or corn tortillas, can be filled with almost anything and griddled or grilled *muy rápido*. Filling combinations are only as limited as your imagination. To make quesadillas, lightly brush tortillas with cooking oil, or spray cooking surface with nonstick coating.

Sprinkle ¼ to ½ cup shredded cheese evenly on one tortilla. Add other ingredients, spreading evenly over cheese. Top with second tortilla. Place quesadilla on heated surface and cook 1 to 2 minutes per side, or till cheese melts. Cut into wedges; serve topped with salsa or sour cream, if desired.

Austin Quesadilla

Sprinkle a white corn tortilla with shredded Monterey Jack cheese. Add 2 to 3 medium serrano peppers, cut into thin slices; a spoonful of chopped tomato; and fresh snipped cilantro leaves. Top with a second tortilla and cook on a griddle or grill.

Nogales Nopales Quesadilla

This western quesadilla is made with two flour tortillas, soft Mexican white cheese or goat cheese, and chopped canned cactus leaves (*nopales*) or chopped green sweet pepper. Add browned and drained ground beef, if desired, and sprinkle with a couple pinches each of ground cumin and chili powder. Add a pinch of crushed red chili peppers, if desired, before topping with the second tortilla and cooking.

California Quesadilla

Take two large flour tortillas, a generous helping of shredded cheddar cheese, chopped ripe avocado, sliced ripe olives, peeled roasted poblano pepper strips, cooked boneless chicken, and jalapeño pepper slices, if desired. For more of an authentic taste, make this quesadilla with shredded pieces of roasted chicken. It's good with turkey, too.

Let's Do The Rub

Limber up your fingers. They're about to get a workout. First, stir together a few seasonings. Then, use your fingers to rub the mixture onto meats, poultry, and fish before cooking. These four distinctive rubs are fast, low-fat ways to add flavor.

Lemon-Oregano Rub

In a small bowl combine equal amounts of minced garlic, finely shredded lemon peel, and dried, crushed oregano; add salt and pepper as desired. Rub seasoning mixture over chicken breasts, pork roasts, or fish steaks. Cook meat as desired.

Five-Spice Blend

In a small bowl combine 1 tablespoon brown sugar, 2 teaspoons five-spice powder, and ½ teaspoon *each* onion powder and garlic salt. Rub seasoning mixture over a 2-pound pork or beef roast. Cover and chill for 2 to 6 hours, then grill or roast.

Note: Look for five-spice powder in the seasoning section of your grocery store. Or, to make your own, in a blender container combine 3 tablespoons ground cinnamon, 6 star anise or 2 teaspoons aniseed, 1½ teaspoons fennel seed, 1½ teaspoons whole Szechwan peppers or whole black peppers, and ¾ teaspoon ground cloves. Cover and blend to a fine powder. Store in a tightly covered container. Makes about ¼ cup.

Roasted Garlic-Basil Rub

Peel away the dry outer layers of skin from the head of garlic. Leave skins of cloves intact. Cut off the pointed top portion (about ¼ inch) of the garlic head, leaving the bulb intact but exposing the cloves. Place garlic head, cut side up, in a small baking dish. Drizzle with a little olive oil. Bake, covered, in a hot oven till cloves feel soft when pressed. Cool. Press garlic paste from cloves; mash with a spoon. Season the garlic paste with fresh or dried basil and salt. Rub garlic mixture over beef steak or turkey breast, then let it chill, covered, for a few hours. Grill or roast.

Cajun Seasoning Rub

In a small bowl stir together equal amounts white pepper, red pepper, and black pepper. Add salt and onion powder as desired. Rub over pork chops before grilling.





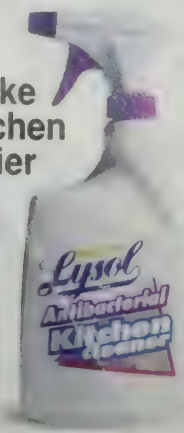
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In a Jam? Try Fruitful Tricks

Heedful of our health and figures, many of us are determined to cut down on fat and calories but not on flavor. Mission impossible? An answer to our prayers is waiting in the wings—jamming our cupboards in the guise of jellies, jams, and preserves. The intense, fruity flavor packed in each teaspoon of these toppings is too versatile to spend its life solely atop a slice of toast. Stirred into saucy toppings, glazes, marinades, and relishes, jams and jellies contribute less than 20 calories per teaspoon while often usurping the role of fat. Here are a variety of cooking ideas that are sure to jam pizzazz into stale recipes while preserving healthful eating.

- Toss strawberry jelly with half as much balsamic vinegar or fruit juice to make a light and piquant salad dressing. Or, drizzle the mixture over fresh fruit, such as strawberries or peaches, for a dessert that is refreshingly light.
- Add two parts orange marmalade, currant jelly, or apricot preserves to one part apple cider or dark beer to liven your next barbecue. Brush on meats before and during grilling if grilling time is short or during the last 15 minutes for longer grilling times. Try the orange marmalade mixture on pork or duck and the currant or apricot combos with turkey or chicken.
- Dress up cooked fish or chicken with a sweet salsa. Simply combine apple-mint jelly with chopped onion, sweet and hot peppers, and your pick of tropical fruits such as pineapple or mango.
- Spread jam or jelly, instead of frosting, between layers of a cake. Raspberry jam with chocolate cake is a marriage made in heaven.
- Stir a rounded spoonful of raspberry jelly and a few mint leaves into servings of iced tea.
- Blend a couple of tablespoons of your favorite preserve with low-fat yogurt and ripe fruit in a blender to add oomph to smoothies. Try a triple-blueberry combo using fresh berries, blueberry jam, and blueberry yogurt, or an apricot-lemon-banana blend. Slurp it up on the spot, or freeze the mixture in a paper cup with a stick inserted for a nutritious frozen treat.
- Top pancakes, waffles, or French toast with a spoonful of strawberry or blueberry preserves. (The preserves can also double as delicious toppings for ice-cream sundaes.) If you're serving crepes for breakfast, spread preserves on the crepes, then roll into a loose cylinder and sprinkle with powdered sugar.
- Dilute preserves with a compatible liqueur. Spoon the mixture over chunks of fresh fruit. Enjoy this dessert solo or serve it on top of slices of pound cake or angel food cake.
- Spread some spicy jalapeño pepper jelly on top of a round of Brie cheese and bake or microwave until the cheese is slightly softened. Serve with crusty bread or crackers for a quick-to-fix appetizer.
- Create a yogurt fruit dip to serve as a low-fat snack with slices of your favorite fruits. Simply combine a few tablespoons of peach preserves with a carton of plain yogurt and a sprinkling of cinnamon. Chill at least an hour and serve with slices of your favorite fruit.

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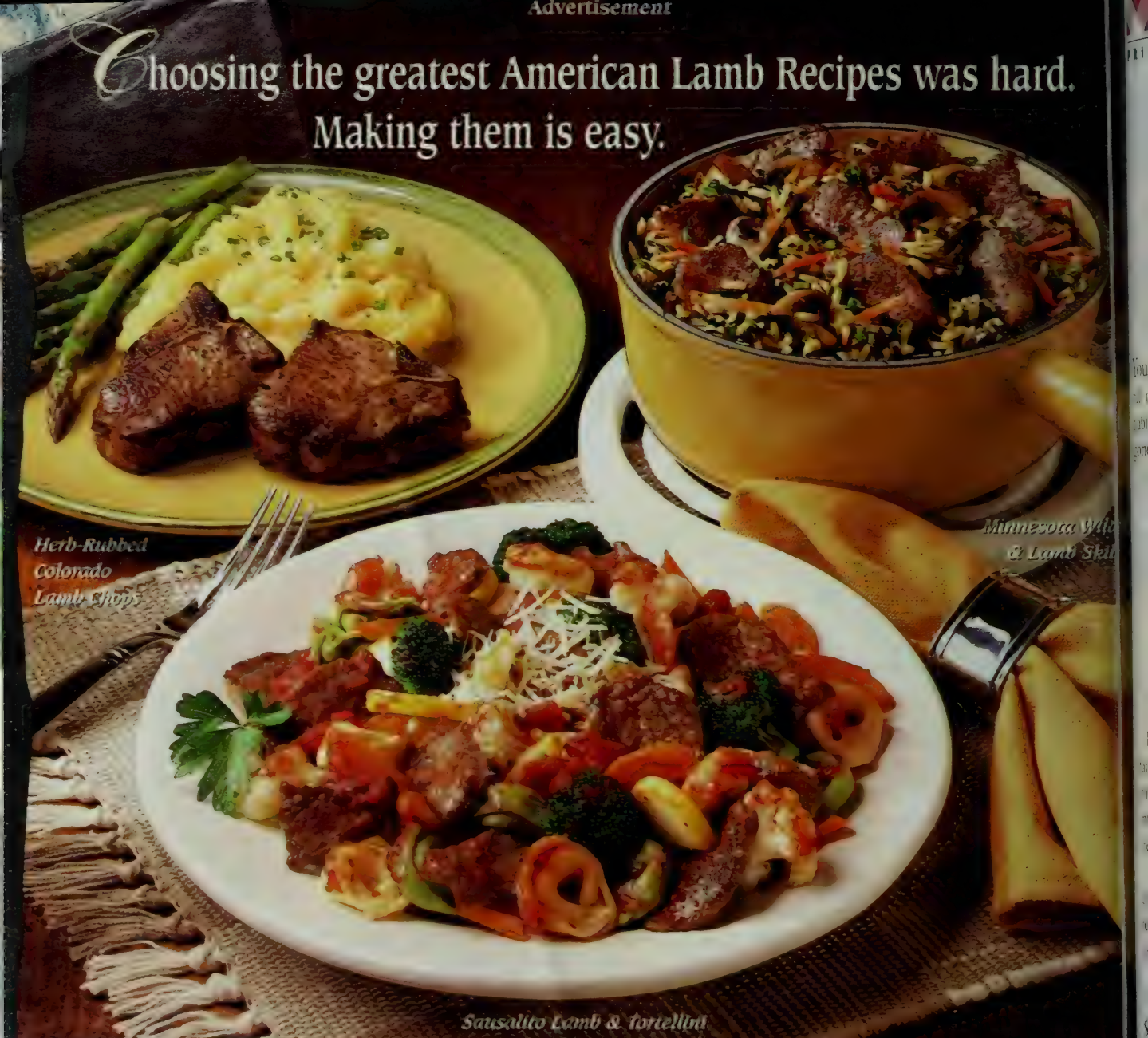
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FRESH AMERICAN Lamb

Sausalito Lamb & Tortellini

(Prep Time: 15 min.)
12 oz. boneless American lamb, cut in thin st
Non-stick spray coating
1/4 tsp. garlic powder
1 can (14.5 oz.) Italian seasoned diced tomato
1 can (8 oz.) low sodium tomato sauce
1/2 cup beef broth
1 package (16 oz.) frozen mixed vegetables
1 package (9 oz.) refrigerated cheese tortellini
Parmesan cheese, grated

Spray skillet with non-stick spray. Stir-fry lamb strips over high heat until brown. Remove from heat. Stir in all remaining ingredients except Parmesan. Return to heat; bring to boil. Reduce heat, cover, simmer 10 min., stir once or twice. Sprinkle with Parmesan. Serves 4 to 6.

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Hints for the September 1997 Categories

Fix-and-Freeze Entrées: A make-ahead meal can be a lifesaver for busy families. Do you have a favorite casserole, hearty chowder, marinated meat, or pasta dish that you like to prepare ahead and freeze so it will be ready to pop into the oven when you're short on time? Share your most successful fix-and-freeze entreé with our judges.

Cookie Jar Favorites: Sweet successes sure don't last very long in the cookie jar. If you've altered a traditional treat, embellished a batch of bar cookies, or come up with a brand-new cookie your family and friends crave, send us the recipe you've created.

This Month's Winners—pages 185 and 186

$200 Winners: K. Janiene Oliver, Golden, Colo.; Harriet L. Weil, Takoma Park, Md.

$100 Winners: Nancy Cersonsky, Oxford, Conn.; Bernard Merino, San Francisco, Calif.

Honor Roll: Marianne Bouthilette, Easthampton, Mass.; Julianne Frandsen, Windsor, Calif.; Betty J. Nichols, Eugene, Ore.; William A. Price, Canfield, Ohio; Sue Siegel, Seminole, Fla.; and Hilary Walton, Columbia, Mo.

Contest Rules: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "September Fix-and-Freeze Entrées" or "September Cookie Jar Favorites." Specify brands and recipe origin. 3. Address recipes to 9709 Food Department, *Better Homes and Gardens*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by February 25, 1997, and received by February 28, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1997 top winners on or about January 5, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes, please. They will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

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(1) The contest is open to U.S. residents. Employees and family members of Meredith Corporation, and the American Sheep Industry Association, their affiliates, subsidiaries, advertising and promotion agencies are not eligible. (2) Entry must be your original recipe. No previously published recipes please. Recipes will be judged on creativity, taste, and ease of preparation by *Better Homes and Gardens*® editors. (3) One entry per house hold. (4) Address envelopes "Great American Lamb Recipes", and send them to Marketing Department/Recipes, BH&G 1716 Locust St., Des Moines, IA 50309-3023 (5) Entries must be postmarked by April 2, 1997. No responsibility is assumed for lost, late, mutilated, or misdirected mail. (6) Winners will be selected on or about May 2, 1997. Winners must sign affidavit and release. All winners will be notified by mail on or about May 15, 1997. Winners will be required to execute and return an affidavit of eligibility and liability release within 21 days of notification. Failure to comply with this condition will result in forfeiture of prize and an alternate winner will be selected 7) PRIZES: Grand Prize winner may choose a Great American Vacation in Washington D.C., Yellowstone, Disneyland, or a destination of the winner's choice. All vacation packages are valued at $4,000. 1st Prize = $1000, 2nd Prize = $500, 3rd Prize = $250. In addition, 1st through 3rd prize winners will receive a one-year complimentary subscription to *Better Homes and Gardens*® Magazine and a Fresh American Lamb apron. Four Honorable Mention winners will receive a one-year complimentary subscription to *Better Homes and Gardens* Magazine and a Fresh American Lamb apron. (8) Prizes won by minors will be awarded to parent or legal guardian. (9) Taxes on prizes are the sole responsibility of prize winners. All federal, state and local laws and regulations apply. No substitution of prizes permitted. Prizes are not transferable. (10) All winning recipes become the property of the American Sheep Industry Association (ASI) and may be used in future ASI advertisements and publications. (11) Winning recipes may be adjusted by ASI. (12) Entry constitutes permission to use winner's name and hometown for editorial and promotion purposes, except where prohibited by law.

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see page 183 for details



$200 WINNER

K. Janiene Oliver, Golden, Colo., in the Bread Machine Breads category.
February 1997

Good Seed Bread

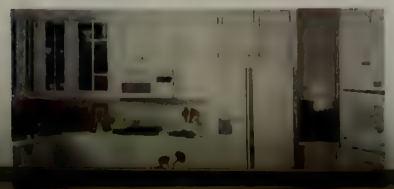
The abundance of seeds in this hearty bread creates a wonderful crunch.

- 1¼ cups water
- 2 Tbsp. honey
- 4 tsp. canola oil or cooking oil
- 1½ cups whole wheat flour
- 1¼ cups bread flour
- ⅓ cup rolled oats
- 4 tsp. gluten flour*
- ¼ cup shelled sunflower seeds
- ¼ cup pumpkin seed
- ¼ cup sesame seed
- 2 Tbsp. poppy seed
- 2 tsp. flax seed*
- ¾ tsp. anise seed
- ¾ tsp. salt
- 1¼ tsp. active dry yeast

Add ingredients to bread machine (with a capacity of at least 10 cups) according to manufacturer's directions. Select basic or whole wheat cycle, medium color setting. Makes 1 loaf (16 servings).

*Note: Health food stores typically carry these items.

Nutrition facts per serving: 150 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 103 mg sodium, 21 g carbo., 3 g fiber, 5 g pro. Daily Values: 0% vit. A, 0% vit. C, 2% calcium, and 12% iron.



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see page 183 for details



$200 WINNER

Harriet L. Weil, Takoma Park, Md., in the Pot Roasts and Meat Loaves category.
February 1997

Spiced Orange Pot Roast

Combining citrus and spices adds new flavors to an old-fashioned favorite.

- 1 2½- to 3-lb. beef chuck roast
- 1 Tbsp. cooking oil
- 1 8-oz. can tomato sauce
- 1 medium onion, chopped (½ cup)
- 1 clove garlic, minced
- 2 Tbsp. sugar
- 1 Tbsp. finely shredded orange peel
- ½ tsp. ground cinnamon
- ¼ tsp. ground cloves
- ⅛ tsp. pepper
- Dash salt
- 4 oranges, peeled and sectioned

Trim fat from meat. In a large pot brown meat on all sides in hot oil. Drain. In a medium mixing bowl combine tomato sauce, onion, garlic, sugar, orange peel, cinnamon, cloves, pepper, and salt. Stir in one of the peeled and sectioned oranges (cover and chill remaining orange sections for later). Pour tomato mixture over roast. Bring to boiling; reduce heat. Simmer, covered, for 2 to 2½ hours or till tender. Transfer meat to a serving platter; cover and keep warm.

For gravy, measure juices; skim off fat. Bring juices to boiling; reduce heat. Simmer, uncovered, till juices are reduced to 1¼ cups, about 5 minutes. Stir in reserved orange sections; heat through. To serve, spoon the gravy on top of the roast; pass remainder. Makes 8 to 10 servings.

Nutrition facts per serving: 267 cal., 11 g total fat (4 g sat. fat), 93 mg chol., 255 mg sodium, 10 g carbo., 1 g fiber, 31 g pro. Daily Values: 3% vit. A, 36% vit. C, 2% calcium, and 26% iron.

see page 183 for details

$100 WINNER

Bernard Merino, San Francisco, Calif., in the Pot Roasts and Meat Loaves category.
February 1997



Southwestern Meat Loaf

Salsa, raisins, and almonds give this meat loaf an extra kick and crunch.

- 1 slightly beaten egg
- ¾ cup soft bread crumbs (1 slice bread)
- ¾ cup salsa
- ⅓ cup raisins
- ¼ cup finely chopped almonds, toasted
- ¼ cup finely chopped onion
- ½ tsp. sugar
- ½ tsp. salt
- ¼ tsp. ground cinnamon
- ⅛ tsp. ground cloves
- 1½ lb. ground beef
- ¼ cup salsa

In a large mixing bowl stir together egg, bread crumbs, the ¾ cup salsa, raisins, almonds, onion, sugar, salt, cinnamon, and cloves. Add ground beef and mix well. Pat meat mixture into an 8x4x2-inch oval and place in a shallow baking pan. (Or, pat meat mixture into an 8x4x2-inch loaf pan.) Bake in 350° oven for 1 hour.

Drain off fat. Insert a meat thermometer into center. Spoon the ¼ cup salsa over meat loaf. Bake for 5 to 10 minutes more or till thermometer reaches 160°. Transfer to a serving platter. Let stand 10 minutes before serving. Slice meat loaf with a thin-bladed serrated knife. Serve meat loaf with additional salsa, if desired. Makes 6 servings.

Nutrition facts per serving: 312 cal., 18 g total fat (6 g sat. fat), 107 mg chol., 426 mg sodium, 14 g carbo., 1 g fiber, 25 g pro. Daily Values: 6% vit. A, 21% vit. C, 3% calcium,and 20% iron.

Photographs: Scott Little
Buying information, page 94

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$100 WINNER

Nancy Cersonsky, Oxford, Conn., in the Bread Machine Breads category.
February 1997



Raspberry-Almond Rolls

Mix the dough in a bread machine for a quick start on these rolls full of almond flavor.

- 1 cup water
- 1 egg
- 2 Tbsp. cooking oil, or margarine or butter, cut up
- 3½ cups bread flour
- ¼ cup sugar
- ½ tsp. salt
- ½ tsp. almond extract
- 1 pkg. active dry yeast (2¼ tsp.)
- 3 Tbsp. raspberry or blackberry jam
- 1 8-oz. can almond paste*
- 1 recipe Powdered Sugar Icing

Add first 8 ingredients to bread machine (with a capacity of at least 10 cups) according to manufacturer's directions. Select dough cycle. When cycle is complete, remove dough from machine. Punch down. Cover; let rest for 10 minutes. On a lightly floured surface, roll dough to a 12x10-inch rectangle. Spread jam on dough. Crumble almond paste into small pieces and sprinkle over dough. Roll up dough, jelly-roll style, starting from a long side; seal seams. Slice into twelve 1-inch-thick slices. Place rolls, cut side down, 2 inches apart on greased baking sheets for individual rolls, or arrange in a greased 13x9x2-inch baking pan. Cover; let rise till nearly double (about 30 minutes).

Bake in a 350° oven till golden brown, allowing 18 minutes for individual rolls or about 30 minutes for rolls in pan. Cool on a wire rack about 5 minutes; transfer to a serving platter. Serve warm. Drizzle with Powdered Sugar Icing. Makes 12 rolls.

Powdered Sugar Icing: In a medium mixing bowl stir together 1 cup sifted powdered sugar, 1 tablespoon milk, and ¼ teaspoon vanilla. Stir in additional milk, ½ teaspoon at a time, till icing is of drizzling consistency.

*Note: For best results, use an almond paste made without syrup or liquid glucose.



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Materials needed:

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- A big heart
- Imagination



To play:

Hide HUGS and KISSES for mini-treasure hunts every day. Try tucking away HUGS and KISSES in the car, mailbox, garage, piano, home computer, doll house, your child's coat pocket, or in your child's bedroom. The more unusual the hiding place, the better. On Valentine's Day, hide more, and perhaps hide a few special valentines as well!

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Materials needed

- One bag each of HERSHEY'S HUGS and HERSHEY'S red and silver KISSES
- A checkerboard



To play:

Let each player choos either HUGS or KISSE with red foil as the playing pieces. Whe an opponent's piec is jumped, the jumpe wins that HUG or KIS To make a piece a kin simply replace it with silver HERSHEY'S KISS. At the end of the game, the player wit the most HUGS and KISSES is the winner.

B.H.&G. kids®



Kids in the Kitchen

It's fun to cook, especially when you get to eat what you make. On the next few pages you'll find recipes for yummy stuff like chocolate shakes and ice cream that takes only 15 minutes to make. Remember, when you cook, you need to have an adult help you, especially if you're using something that is sharp or hot.

continued on page 190

BH&G kids

continued from page 189

Rock-'n'-Roll Ice Cream

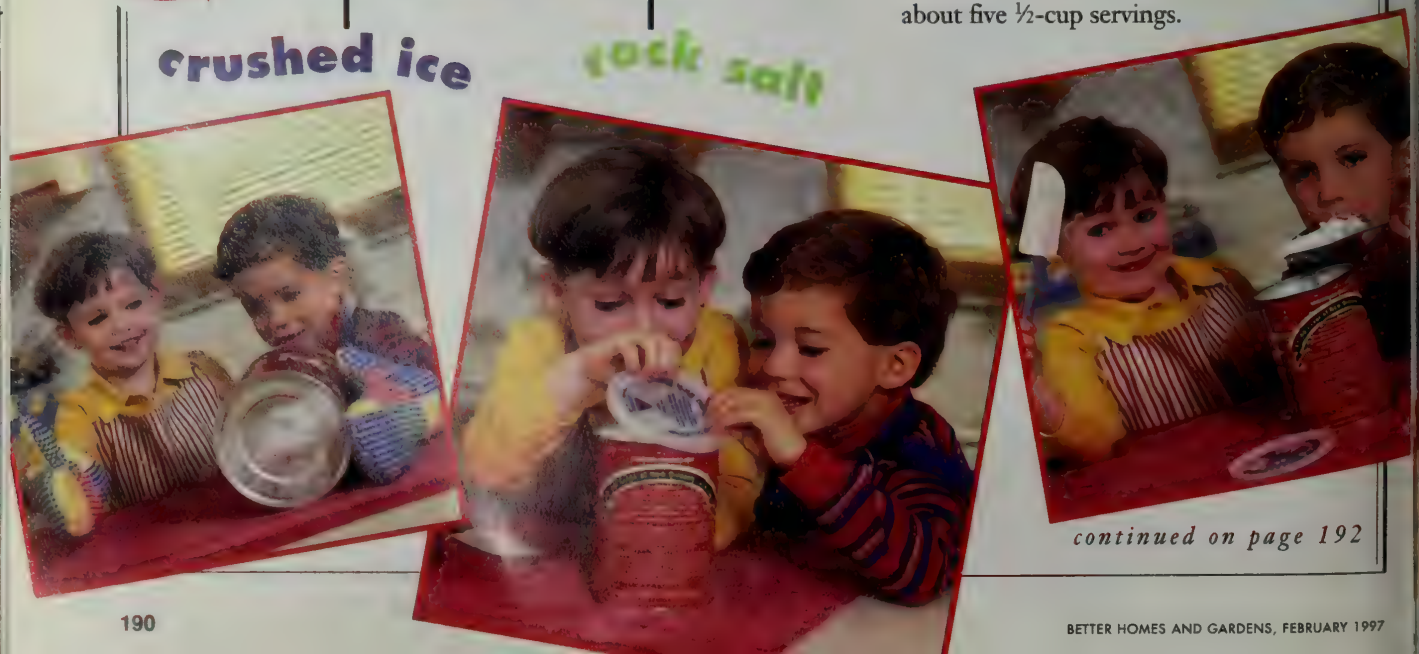
Who says you need a summer day and a cranky old bucket to make homemade ice cream?



What you'll need:

one large (2 lb., 7 oz.) coffee can with lid
one 1-lb. coffee can with lid
1 pint half-and-half or light cream
½ cup sugar
1 teaspoon vanilla
crushed ice (6 to 7 cups)
rock salt (about ¾ cup)

Method: In the smaller coffee can, combine half-and-half, sugar, and vanilla; stir well. Put the lid on tightly. Place a thin layer of crushed ice on the bottom of the larger coffee can; sprinkle with 1 tablespoon rock salt. Place the small can inside the large can. Pack the area between the cans with crushed ice and rock salt using about 2 tablespoons rock salt for every cup of crushed ice. Put lid tightly on the large can. Roll can back and forth for about 10 to 15 minutes (protect countertop or floor with a towel, or roll on a cement floor). Lift out smaller can and carefully remove lid. Scrape down sides and stir all the ice cream together. (If the ice cream is too soft, repack large can with fresh ice and rock salt; replace lid. Roll back and forth a few minutes more or till firm.) Makes about five ½-cup servings.



continued on page 192

Excuse me!

What do I have to do

to get my own cough

drop around here?



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continued from page 190



Slurpin' Shakes

Looking for a family activity these dark winter nights? Open a malt shop. Use these recipes, or create your own.

Elephant Monkey Choco-Delight

What you'll need:

- 1 medium banana
- 1 cup milk
- 1 cup chocolate ice cream
- ¼ cup creamy peanut butter

Method: Peel banana and, with table knife, cut into 1-inch pieces. Place pieces in a plastic freezer bag or wrap in foil; freeze for at least 2 hours.

Unwrap banana pieces and place in blender container with milk, chocolate ice cream, and peanut butter. Cover and blend till smooth, stopping blender and scraping down sides, if needed. Makes 3 servings.

Pink Cloud

What you'll need:

- 1 10-ounce package frozen strawberries in light syrup
- 1 cup milk
- 2 cups strawberry frozen yogurt or strawberry light ice cream

Method: Place strawberries in the pouch in a bowl of warm water for 10 minutes. Remove from water and carefully open pouch; pour strawberries and the syrup into blender container. Cover and blend till smooth.

Add milk and half the yogurt or ice cream; blend till smooth. Stop blender; scrape down sides. Add remaining yogurt or ice cream. Blend till smooth. Stop and scrape down sides, if necessary. Pour into glasses. Makes 3 or 4 servings.





continued on page 194

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BH&G kids

continued from page 192





Ooey Gooey Hearts

Two kid favorites—marshmallows and popcorn—make the perfect couple for a Valentine treat. To order the heart-shaped pans, see page 200.

Place 10 cups popped popcorn in a greased 13 x 9-inch pan and keep warm in a 300° oven while making marshmallow mixture (remove unpopped kernels).

In a large saucepan melt 3 tablespoons margarine over low heat. Add 1 10-oz. package regular marshmallows and stir until completely melted. Remove from heat. (Or in a microwave-safe bowl, micro-cook margarine and marshmallows on high for 1½ to 2 minutes or until margarine is melted and marshmallows are softened, carefully stirring once. Stir until smooth. Stir in red food coloring. Stir in popped popcorn, half at a time. Cool until easy to handle (10 to 15 minutes).

Press mixture into greased individual heart-shaped pans. Cool. Remove from pans. Sprinkle with red sugar. Makes 9 hearts.



MOST PARENTS OF BED WETTERS THINK THERE IS VERY LITTLE THEY CAN DO TO HELP.

Some 3 million children—10% of all kids between nd 10—wet the bed twice a week or more. If r child is in school, chances are at least two of classmates are in the same leaky boat. No d should ever feel alone with this problem. , of course, they do.

The good news: More is known than ever ore that can help. Once, the only sure cure was e. 99.9% of our children leave this problem he dust as they grow. And now there are some s you can give time a hand.

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For starters, pediatricians know a lot more ut the causes of "enuresis" (that's the official dical name for it) than they used to.

Doctors today deal with this problem all the e. They have new techniques and sometimes dicines that can help manage bed-wetting, ot eliminate it altogether.

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GoodNites are not a miracle, but there's nothing else like them. They help families keep bed-wetting in perspective. They help make dry mornings in crisp clean sheets routine. And make sleepovers and other normal, healthy, everyday kid things routine, too. The way they should be.

THESE BOOKLETS REALLY HELP

GoodNites underpants were developed with the help of pediatricians and other childhood specialists. You'll find much of their good advice in these little booklets. There's one for parents, and one to help your child be part of the solution, too. For copies, please send $1 for postage & handling to: GoodNites Guides, P.O. Box 1165, Maple Plain, MN 55592.



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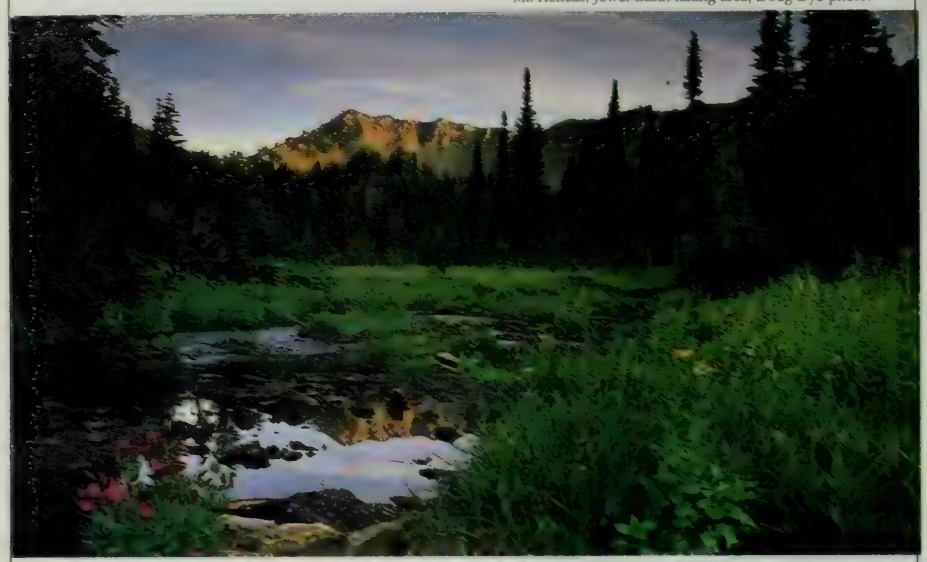
Organ Pipe National Monument

Roadrunners and rabbits bound among the creosote bush. Saguaro and organ pipe cacti stand tall, and red, purple, and gold wildflowers cover the dry washes. Red-rock mountains near the 5,000-foot mark poke the cerulean skies before plunging into deep gorged canyons.

So much color and activity may not bring the desert to mind, but all this and more thrive in the Sonoran Desert, safe within the confines of Organ Pipe Cactus National

continued on page M2

Mt. Aeneas, Jewel Basin hiking area, Doug Dye photo.



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The organ pipe cactus grows many trunks that reach up to 20 feet tall.

Upon arriving, check in with the Visitor Center. They'll help you plan your stay and provide safety information. Because of summer's high temperatures, most visitors come in winter and spring. These seasons showcase the desert's changing array of blooming annuals, perennials, and cacti. The scenic drives offer spectacular views of mountains and the sweep of the desert, while the hikes closely acquaint you with the desert plants and animals. Birdwatching is a top activity because the park lies on the winter flyway, attracting more than 250 species.

First-come, first-served camping is available in the park's 208 sites, or you can find other campgrounds and a couple hotels in nearby small towns Lukeville, Why, and Ajo.

Information: Organ Pipe Cactus National Monument, Rt. 1, Box 100, Ajo, AZ 85321; 520/387-6849.

—by Arthur Matula

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building

Kids' Room Built-Ins



SUSAN GILMORE

Kids just want to have fun, but moms want rooms to look neat. Here's how to satisfy everyone while making great use of space.

Children are only babies for what seems a brief moment, after which they frown on anything babyish. They have firm opinions about their clothing, hairstyles, and the fashion and function of their bedrooms.

The best kids' rooms are those that are ageless, stylish, and durable. In the room shown here, cherry display shelves and cabinets in a natural finish have been built in a second-floor nook that otherwise might have been wasted. The design is more young adult than young child, an encouragement to grow into the room rather than grow out of it.

Since kids are pretty hard on furniture, tough materials that can withstand abuse are a must. Cherry wood is a durable hardwood that will look better after spending time being distressed by kids. Quality hardware was also used because it can take punishment from active children.

Drawers in various sizes hold everything from sweaters to socks; closed cabinets store toys or sporting equipment; open shelves help show off books, and there's a walk-in closet on the other side of the door. It's also a necessity to include a desk, which provides space for projects, homework, and a computer.

Building cabinets into the gable niche left the dormers clear for large windows. This happy design maximizes the amount of light pouring into the room.

Notice, too, how the space is unified by carrying the door-and-window-molding detail around to the built-ins. Such care with detailing maximizes the sense of space in an otherwise small room.

The daybed, which doubles as a couch, is a treat that helps make this a stylish kid's hideaway rather than a boring bedroom. When it comes time to make the bed, it will be easier with a toss-across comforter. It's another small detail that makes this room both neat and fun.

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Winter Warm-Ups

With its abundant windows, a four-season porch or garden room keeps close tabs on the weather. That's why, when the mercury dips outside, it's time to crank up the heat indoors with decorating ideas that warm the eye.



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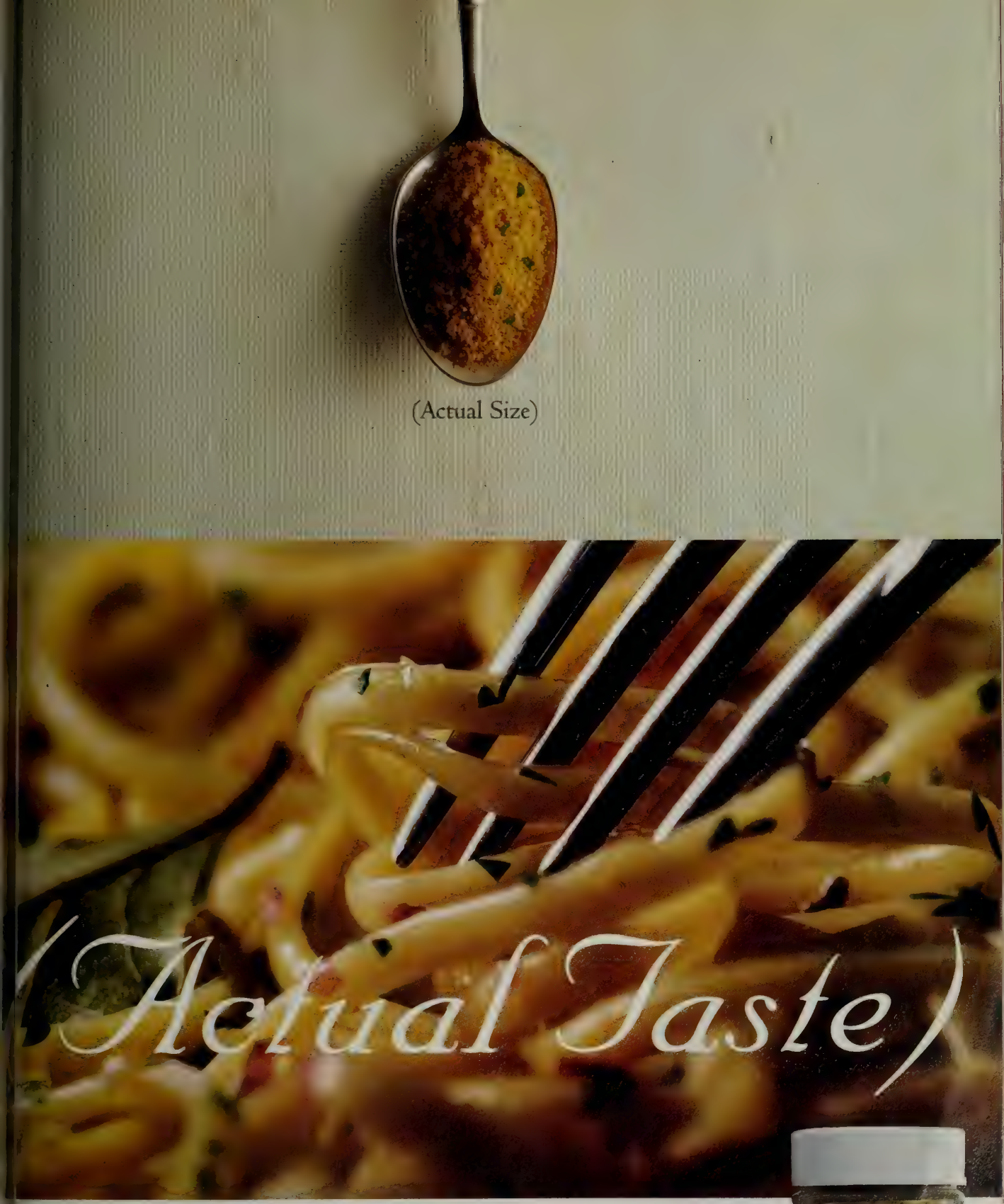
Hang honeycomb shades in windows for added insulation on cold days. When windowed walls like this go black at night, the shades create light-reflecting white "walls" making the most of artificial light during the long winter nights.

Decorate with houseplants as a reminder of warmer days ahead. For visual interest, gather plants with different leaf colors and textures and scatter them around the room. Mass them in varying heights—think about a natural landscape—for impact.

Work fiery magic on cold days by using warm colors such as red, orange or bright yellow. Lift cloudy spirits with brightly colored cabana stripes and plaids. Throw in a neutral hue to tone down the brights. Here, white walls and wood floors offer a visual escape.

Vary the textures of accessories such as pillows, area rugs, rustic baskets, throws, and lamp shades to transmit warmth to the touch and the eye. With years of patina, primitive wood antiques melt the slick edge off glass and high-sheen floors.

Move outdoor furniture inside for the winter, especially those pieces large and sturdy enough to meet indoor needs for comfort. Soften the seats by adding fabric cushions and pillows. Create a cozy setting with a round-the-campfire-style arrangement.



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Braising Basics

Turn tough—and usually less expensive—cuts of meat into fork-tender morsels with the magic of braising. The secret of this easy technique is the long, slow cooking in just a small amount of liquid. Follow these simple steps for braising meat to succulent perfection.

Which Meats to Braise

Because braising tenderizes meat, choose these beef and pork cuts that benefit from long cooking. Never braise a tender, lean cut of meat such as beef or pork tenderloin; the long cooking time toughens tender meats.

Best Cuts for Braising

Beef:
Chuck
- Boneless top blade roast
- Shoulder pot roast
- Arm pot roast
- Short ribs

Round
- Round steak
- Bottom round roast
- Tip roast
- Eye round roast

Foreshank and brisket
- Corned or fresh beef brisket
- Shank crosscut

Rib
- Back ribs

Short plate and flank
- Flank or skirt steak
- Flank steak roll

Pork:
Shoulder
- Blade steak or roast
- Boneless blade roast

Loin
- Rib chop
- Sirloin chop

Side and leg
- Ribs

Three Easy Steps

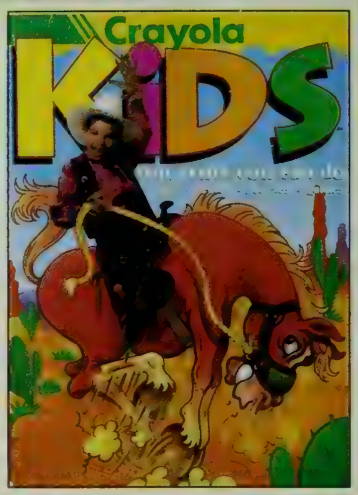
1. Brown the meat. Using a large Dutch oven over medium heat, brown the meat on all sides in just enough hot oil to prevent meat from sticking. (Meats with some fat may not require added oil unless they are coated with flour or bread crumbs.) Drain off the drippings. Season the meat with salt, pepper, herbs, or spices after browning, unless the meat has a seasoned flour or crumb coating. (Although you don't have to brown the meat, browning develops the flavor and the color of the meat.)

2. Add a small amount of liquid. Water, tomato juice or sauce, broth, wine, or other seasoned liquids are the most common choices. One-quarter to one-half cup liquid is recommended. Cover the Dutch oven with a tight-fitting lid to prevent the liquid from evaporating. Depending on the braising time, you may need to add more liquid during cooking.

3. Simmer on low heat till meat is tender. This may be done on the stovetop or in a 300° to 325° oven. The time required will depend on the size of the meat. Check the meat section of a cookbook for guidelines.


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Down in the Damps

A wet basement can quench more than a weekend. Maybe it's your family's daily recreation area or the space in which you store sports equipment or even family heirlooms. Either way, a damp downstairs is of little use to anyone.

To get and keep your basement dry, however, you must first determine whether the water is an enemy from within or from outside.

Here's an easy way to find out: First, dry a square foot of wall space using a hair dryer. Tape aluminum foil over the area and wait 12 hours. If moisture forms behind the foil—on the side facing the wall—water is coming from the outside. If the interior face of the foil becomes wet, the water is condensation from inside.

A condensation problem can be cured by drying out the air. Consider using a dehumidifier, particularly in summer. Dehumidifiers can be drained into sumps to allow continuous operation.

If the foil test indicates water from the outside, walk around your home's exterior and look at the area where house meets earth. Is there adequate slope to channel water away from the house? Are gutters and downspouts in good repair? Do sump lines run far enough away from the foundation to prevent recirculation of waste water?

Also look for foundation cracks on the outside and inside. Clean these with a wire brush, then fill with a hydraulic cement, which is designed to expand when it contacts water.

If these remedies don't keep your basement dry, contact a professional basement-waterproofing contractor for a more detailed analysis.



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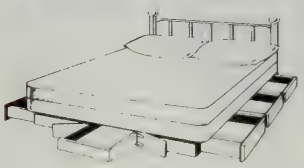
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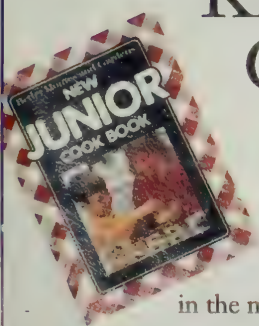
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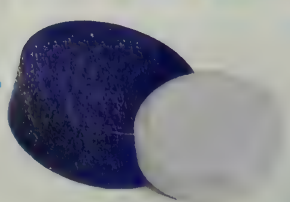
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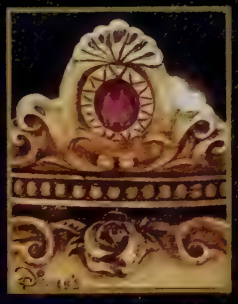
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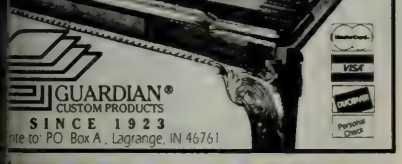
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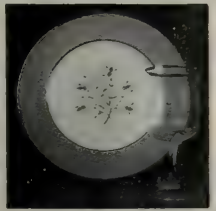
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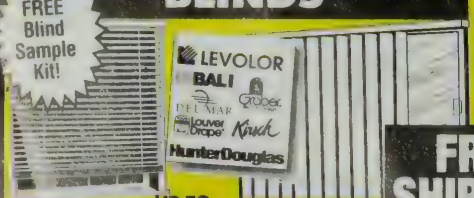
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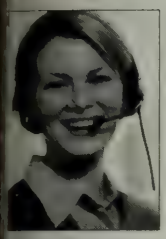
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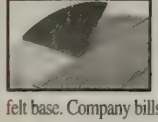
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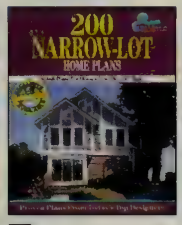
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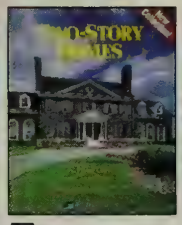
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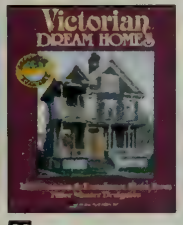
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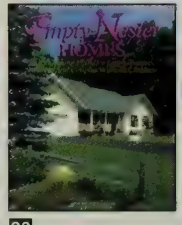
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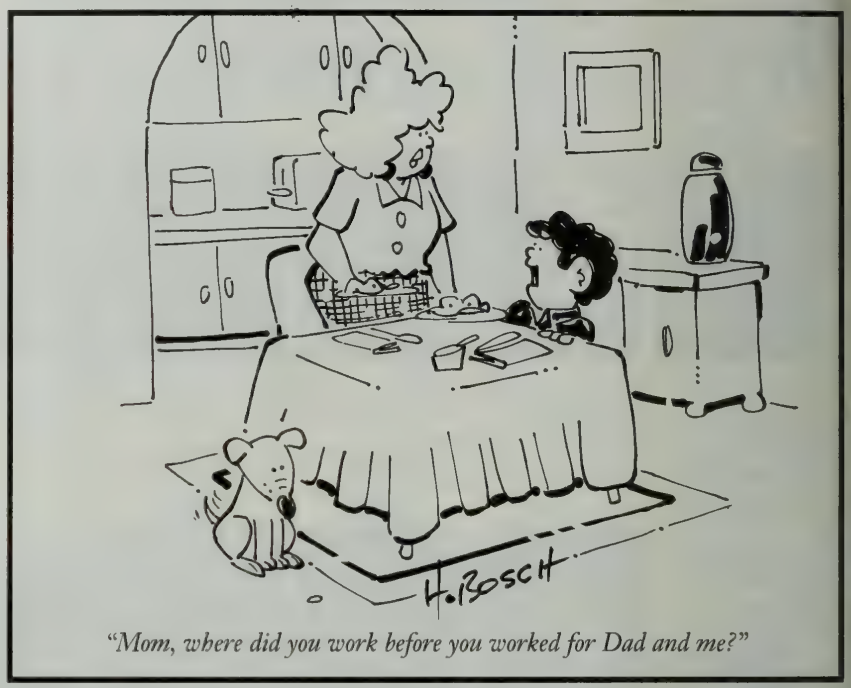
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"Mom, where did you work before you worked for Dad and me?"

Personnel manager Erin Mueller reports that many of the letters she receives with unsolicited résumés are so poorly written that they wouldn't warrant consideration "even if they contained a death threat."

Dr. Bob Hannelly advises that plenty of rest will help to ease Grandpa Hillis's various aches and pains, but Grampa insists that the afflictions just use the time to move to a different location.

"Men look for women who are intelligent, witty, and successful at their work," confides Elaine Cowan, "and then they expect us to give it all up just for them."

Isabel Norman can't understand why her junior-high-age son can readily comprehend words such as "megabytes" and "emoticons" but has trouble understanding "no."

Dot and Dick Dresch made a New Year's resolution to turn off the television, avoiding shows that feature sex and violence. They say they sure miss watching the news.



"Harold, let the cat in."

I overheard one of the boys at the corner market telling a friend he had to have his date home by midnight. It's not that she'll turn into a pumpkin, he said, but rather her dad will turn into a gorilla.

Chris was named "Associate of the Year" at her real-estate company, but it didn't thrill her nearly as much as seeing her name on Judy's list of the 10 people she admires most.

A young boy down the block is determined to broaden his language skills. He just can't decide whether he should read more or help his dad get their sports car up their steep driveway every time it snows.

Rosemary says her generation is disenchanted with today's politicians, who "don't even have the imagination to declare Valentine's Day a national holiday!"

~Judy's newest pet is a small white rat named Sniffer, an animal neither Chris nor I are particularly fond of. After five years at school, the little guy needed a new home, and Judy volunteered before we could say otherwise.

Judy adores Sniffer and lets him sit on her shoulder while she feeds him bits of dried banana. They respect each other for what they are, and that understanding produces a certain level of satisfaction for each.

I just don't think I can get over my aversion to rodents, knowing they're often associated with messes. Chris feels the same way. She walks by Judy's room whenever she's upstairs to be sure Sniffer's in his cage.

But I suppose there's a worthy lesson of tolerance in all this. Given the proper surroundings and an opportunity, even a rat can achieve respectability. It happens all the time in the human world!

Burton Hillis

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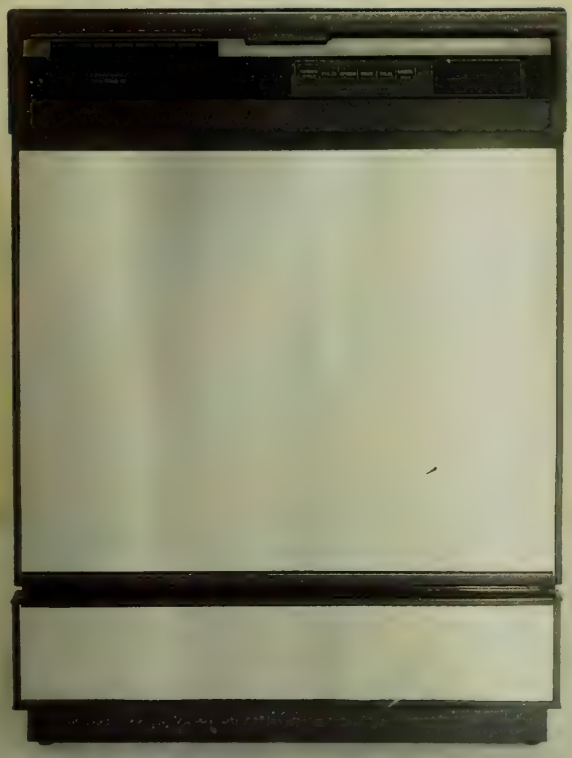
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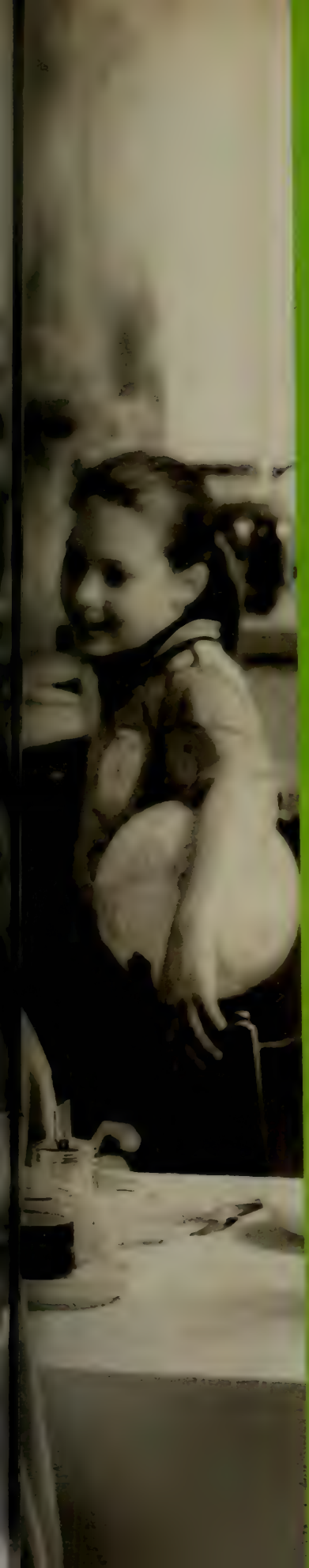
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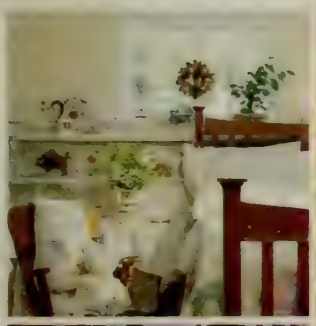
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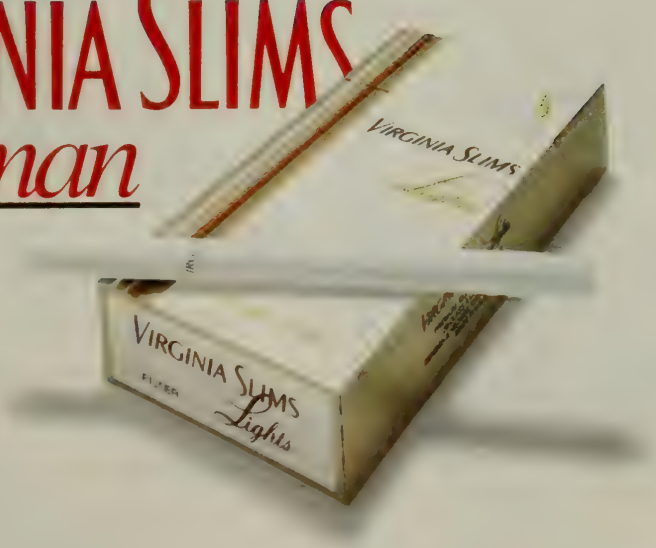
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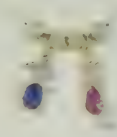
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between friends



ANDY LYONS

At the time my family's first television came into the living room, I was blissfully naive about how that clunky piece of furniture with its bulging, gray glass eye would change the world.

It didn't matter that programming was limited or that the reception was so bad we had more "snow" on the screen than in any Minnesota blizzard. We were enjoying the latest in home entertainment. But, what we didn't know was that with TV came a whole host of plagues we hadn't dealt with before. For instance, "TV lamps." Every set supported an eye-easing, back-lit lamp—always a candidate for an ugliness award. And then there were "TV trays"—wobbly-legged trays that allowed people to eat their "TV dinners" without leaving the viewing area.

Although my family, too, had TV trays and the ubiquitous lamp, we resisted the new food fad. Mom still cooked the rib-sticking foods of the '50s and we ate where we always ate—at the kitchen table.

I've had a chance recently to think about those days and the great recipes previous decades have produced. It's top of mind because *Better Homes and Gardens®* has just released a new cookbook, *75 Years of All-Time Favorites.* (See *page 231.*) And while promoting our new cookbooks on a satellite TV tour from our Test Kitchen, I couldn't help but think how much more sophisticated the world has become. We have, indeed, come a long way since the days of bad reception, ugly lamps, and TV dinners!

Jean LemMon

Jean LemMon, *Editor in Chief*

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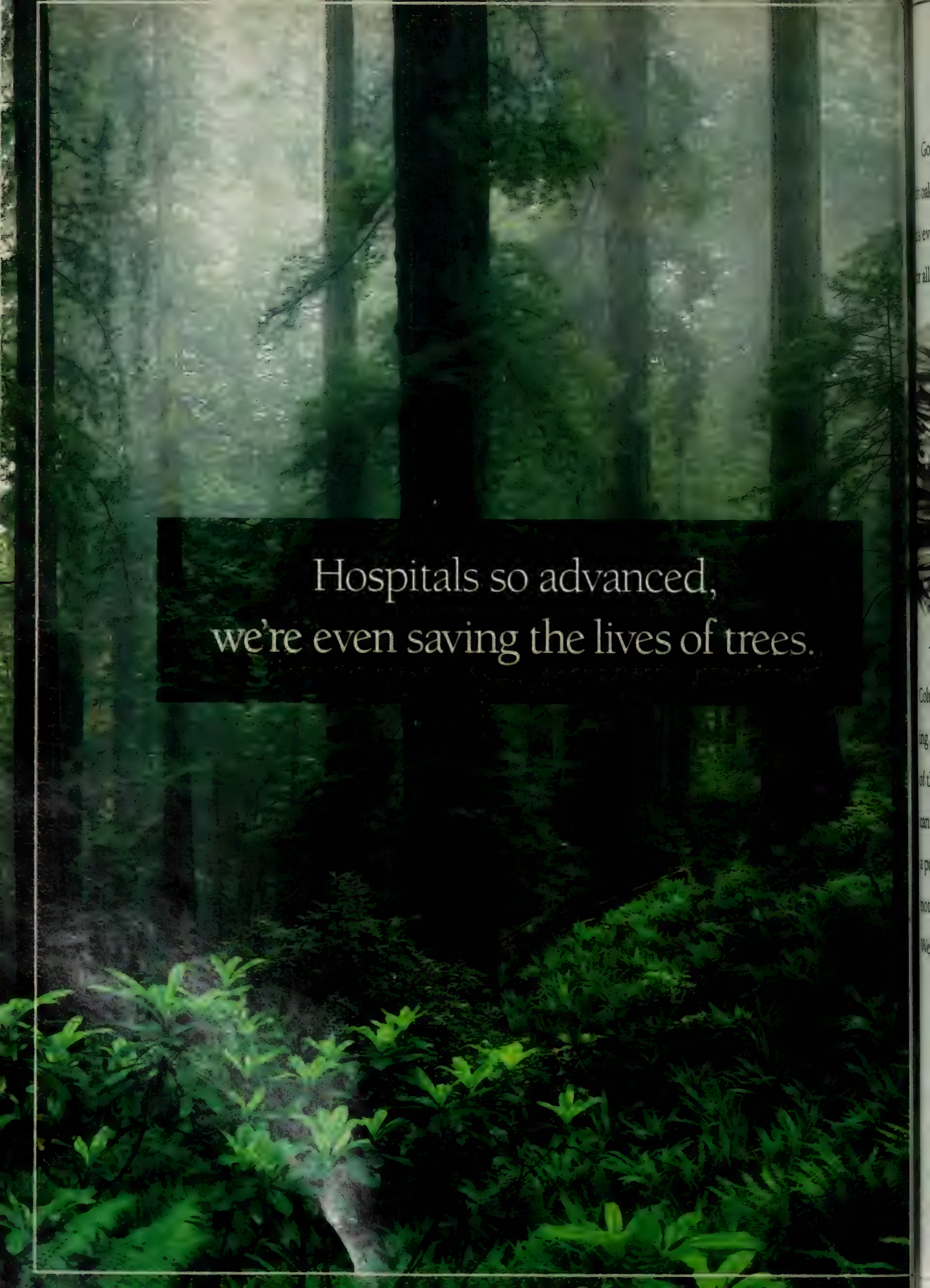
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Family medical history plays a crucial role in determining your risk for cardiovascular diseases – namely heart attack and stroke. Finding out if you have a genetic link is an important first step toward prevention for you and your family. While you can't change your family history, you can share this information with your doctor to make certain lifestyle changes and devise a prevention plan.

Aspirin, when taken under a physician's supervision and accompanied by a proper diet and exercise, may help you prevent a recurrent heart attack or stroke. Ask your doctor if an aspirin regimen is right for you.

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READERS' SOLUTIONS

Family Memory Game

I made a memory game for my little nephew, who sees extended family from both sides of the "tree" only a few times a year. After obtaining two copies of each family member's photo, I glued them to the backs of round, metal frozen-juice lids. I covered each picture with clear contact paper and glued a paper circle with the game's title, "Joseph's Memory Game," to the backs. He'll recognize his relatives when he sees them and will also improve his memory.

Kelly Kledzik
Tacoma, Wash.

Fund-Raising Birthday Bash

As a cancer survivor, I try to help others coping with this dreadful disease. One of my best ideas has been to turn my own birthday celebration into a mini fund-raiser. Gifts are not allowed. I tell those invited that a donation to the American Cancer Society is most welcome. Upon arriving, guests' pictures are taken as they drop their contributions into a fishbowl. Afterward, I send the checks to the society. Last year's total was nearly $1,800.

Sarah Seiderman
San Diego, Calif.

Birthday Breakfast

My young children were so impatient on the day of their birthday parties that I came up with a new idea. Why not have a breakfast bash? I bought round toaster waffles, crackers, raisins, and orange slices so the partyers could create happy-face meals. We also played games and sang songs. It was as much fun as beginning dinner with dessert!

Barbara Bengels
Garden City, N.Y.

Baby and Toddler Help Mom Get in Shape

After I had my second baby, it was almost impossible to fit exercise into my schedule. Whenever I'd start doing sit-ups, one of the two would mistake workout time for crawl-all-over-Mommy time. I discovered that if I held my baby on my lap while doing sit-ups and put in a cartoon video, I'd satisfy both of them while getting a challenging workout. The bigger my baby grew, the stronger my "abs" became. Even better, instead of asking for a movie, my toddler now asks if we can exercise.

Brenda Pippin
Keenesburg, Colo.

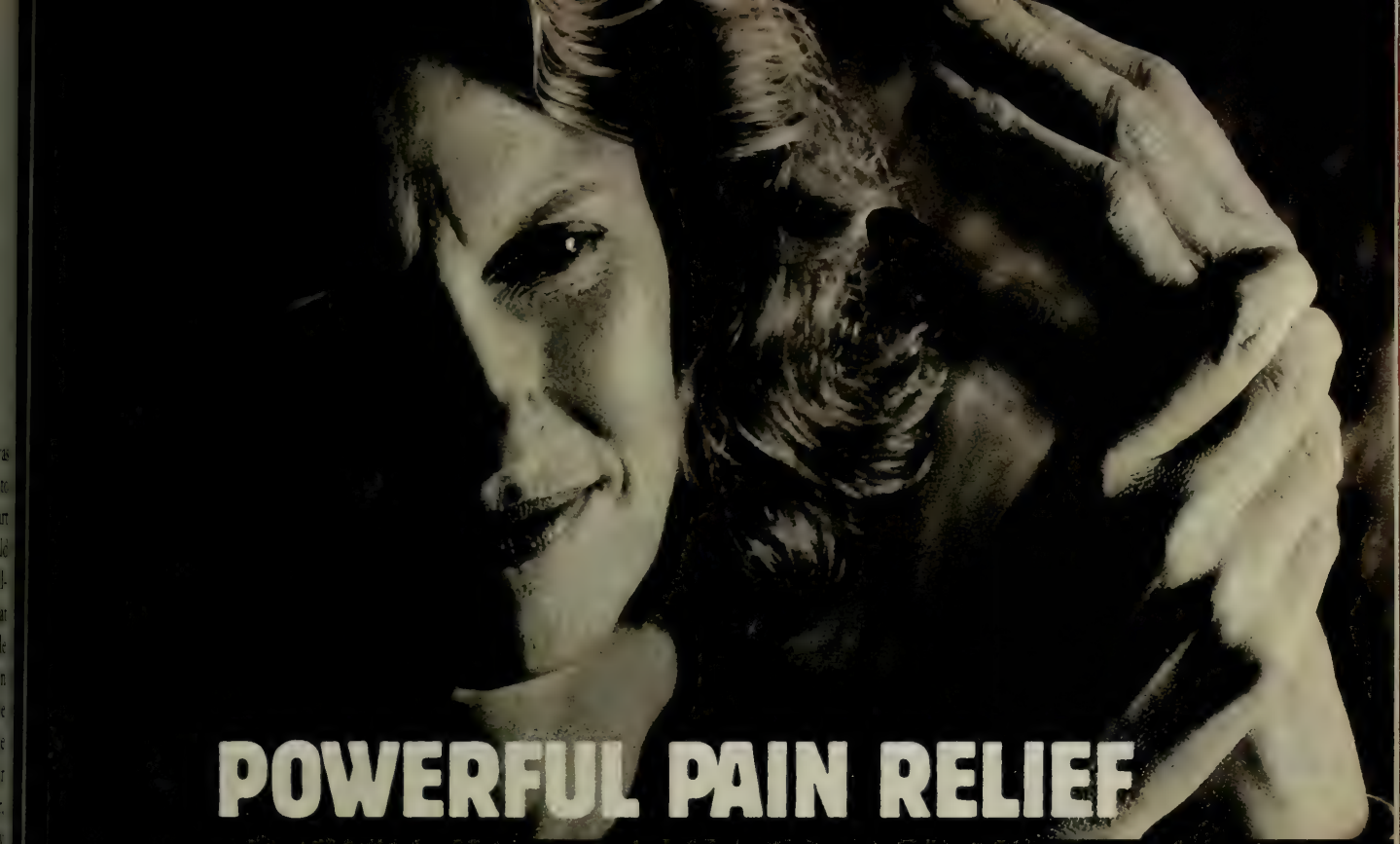
Visitor's Mom Keeps Relatives Happy

Time doesn't allow me to visit all my many relatives when I visit my parents in faraway Texas (I live in Alaska). So I can see everyone and be sure no one's feelings are hurt, Mom invites all the relatives to her house for an ice-cream supper or a brunch. This makes my stay more relaxing, and I'm still able to catch up with all the family members.

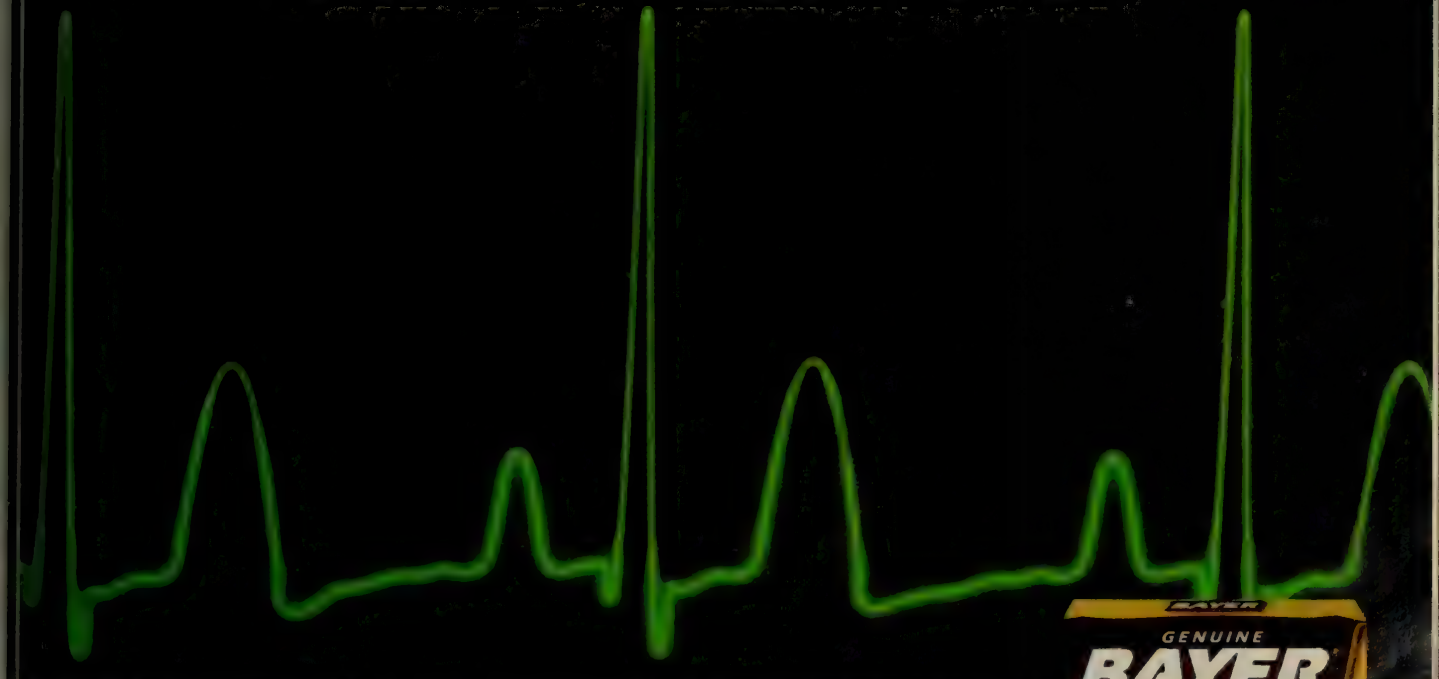
Pamela Haskin
Wasilla, Alaska

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Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each idea published, if you provide your Social Security number.



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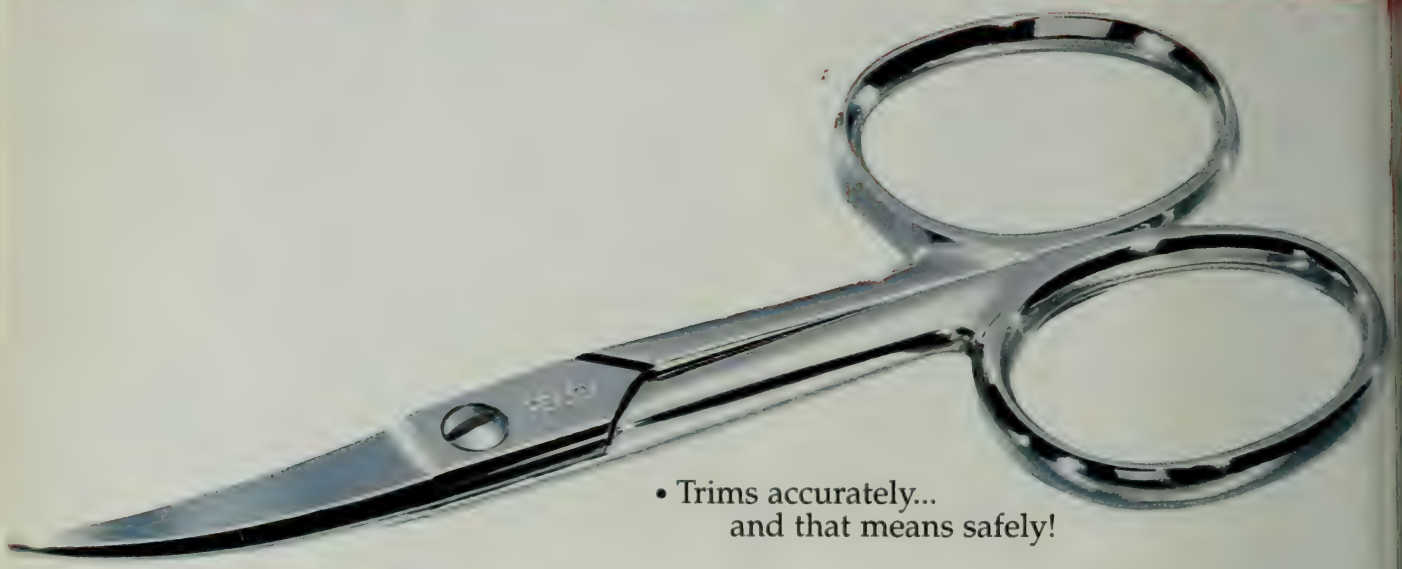


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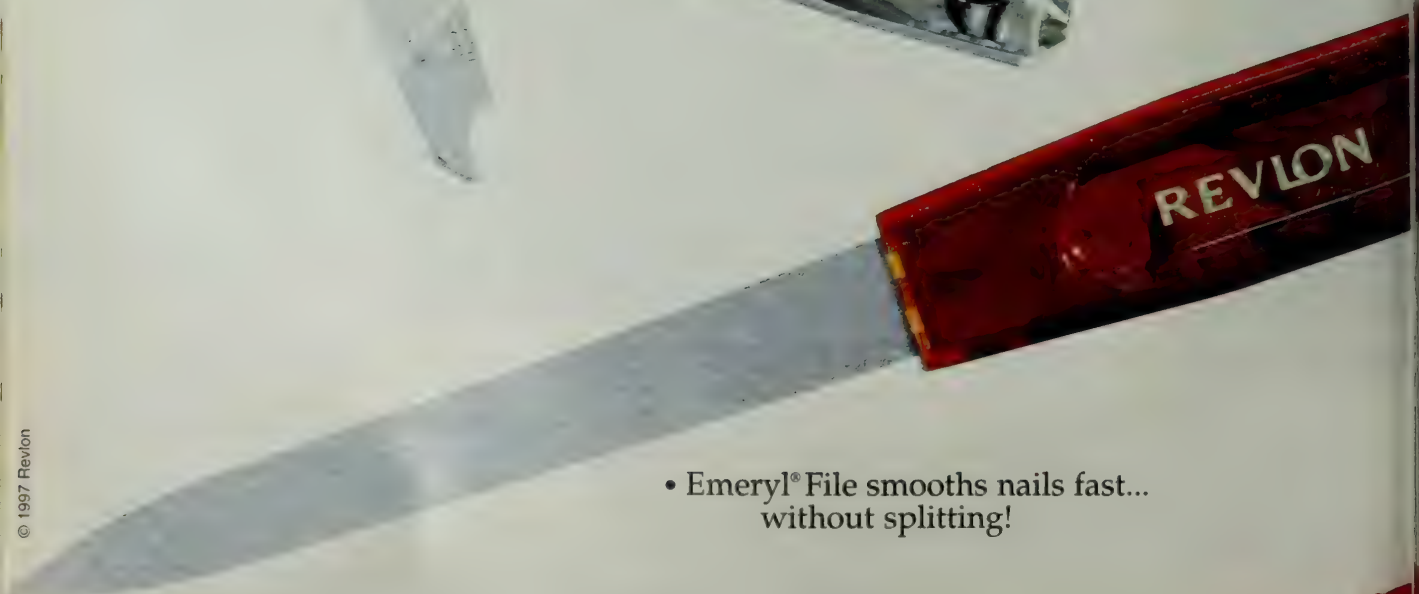
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Painted Walls



A stamped fleur-de-lis design, applied randomly where the stripes meet, adds a touch of elegance to paneled walls.

Prime-time paneling

Turn blank walls into works of art by following these instructions for simple painted treatments.

Dreaming about a new wall color? Why not take it a few steps further? These striped, bordered, and quilted effects give your walls the look of expensive paper. And they're easy to do. *Above*, paneling provides an instant canvas for experimenting with stripes; the lines already are drawn in. If you don't have paneling, use a plumb bob or level to pencil in stripes. Prime and paint the wall the lighter color first. Then mask alternating sections with tape and roll on stripes in the darker color.

To order wall stamp kit, see page 34

continued on page 24



For successful stamping, rub paint onto the stamp with a sponge rather than dipping it. Smooth clumps and air bubbles. Press the stamp firmly to the surface, applying even pressure over the entire design. Remove in one quick motion.

A perennial border

Stamped leaves brighten a breakfast nook.

This border treatment owes its natural good looks to garden-inspired colors and a leaf-stamped design that's easier to do than you might think. First, divide the wall into three sections. For an 8-foot wall, the bottom section should be at least 36 inches tall; the border, 8 inches. We painted the sections in colors that mimic the grass and sky. But any complementary palette will do. Just make sure the border background is light enough for the stamp colors to be seen clearly. Install the chair rails. Then, starting with the darker color, stamp two leaves. Skip a space for one leaf. Stamp one leaf and skip a space. Repeat this pattern until you reach the end of the border. (Position leaves close to the bottom rail and turn the stamp slightly each time.) Go back and fill in the empty spaces with a leaf stamped in the lighter color. Other stamp designs can be used, so long as they're large enough (at least 3 inches) to fill nearly half the border space.

To order wall stamp kit, see page 34

continued on page 26

Go ahead, pour yourself a cup of decaf.

(Your taste buds won't suspect a thing.)



People drink decaf for many reasons. Shouldn't taste be one of them?



Natural elements of the air remove caffeine, not the flavor.



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Adjusting the width of the stripes can change the mood in a room. A varied pattern suits the casual style of this bedroom. Wide, evenly spaced stripes could set a formal tone in a dining room. Like a pinstripe suit, narrower stripes create an illusion of height.

Shadow effects

Glossy and flat finishes stripe it right

This two-tone effect is achieved with one paint color—not two. The stripes result from varying the surface treatment from glossy to flat. Using flat latex paint, start by painting your walls a solid color. (Dark shades such as this jade green work best.) Apply one to two coats to cover. Allow the paint to cure 24 hours. Using a plumb bob or level, pencil in vertical stripes. We used the following pattern: 16-inch flat stripe, 5-inch glossy, 5-inch flat, 5-inch glossy, 16-inch flat, etc. Next, use painter's tape to mask off stripes. (The tape covers the areas that will be left flat.) Using a small roller, apply a water-based polyurethane finish to the glossy stripe areas. Let the finish dry and remove the tape.

continued on page 30



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is the extra boost some hair thirsts for, even after regular conditioning. Nothing heavy. Just a fine mist that's so light you spray it on and leave it on. The pro-vitamin formula penetrates to improve.



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Melanie is wearing Age Defying Makeup in Natural Beige. ©1996 Revlon

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For best results with painter's masking tape, press the edge of the tape firmly with your fingertips. Paint with brush strokes moving away from the tape, rather than into it. If bleeding occurs around the edges, allow the paint to dry, then touch up with a small artist's brush.

Paint it patchwork

This cozy quilt design wakes up a ho-hum wall with color and pattern.

Use the colors in your room for inspiration, or borrow the bright palette here, to create a homespun work of art directly on your walls. Before starting, gather the following materials: flat latex paint in five colors, painter's masking tape, a pencil, a T-square or ruler, ½-inch flat artist's brush, and touch-up brush. Using the T-square or ruler, mark off a square on the wall measuring 24×24 inches, the overall dimension of the design. Divide the square into quarters. Then follow the diagram on *page 33* to mark off the rest of the design. With painter's tape, begin masking off sections of the design, moving generally from the inside out and doing all the sections of one color at a time. (Again, refer to the diagram for color pattern.) Wait at least 15 minutes before removing the tape, remasking, and moving on to paint the next color.

Complete instructions, page 33

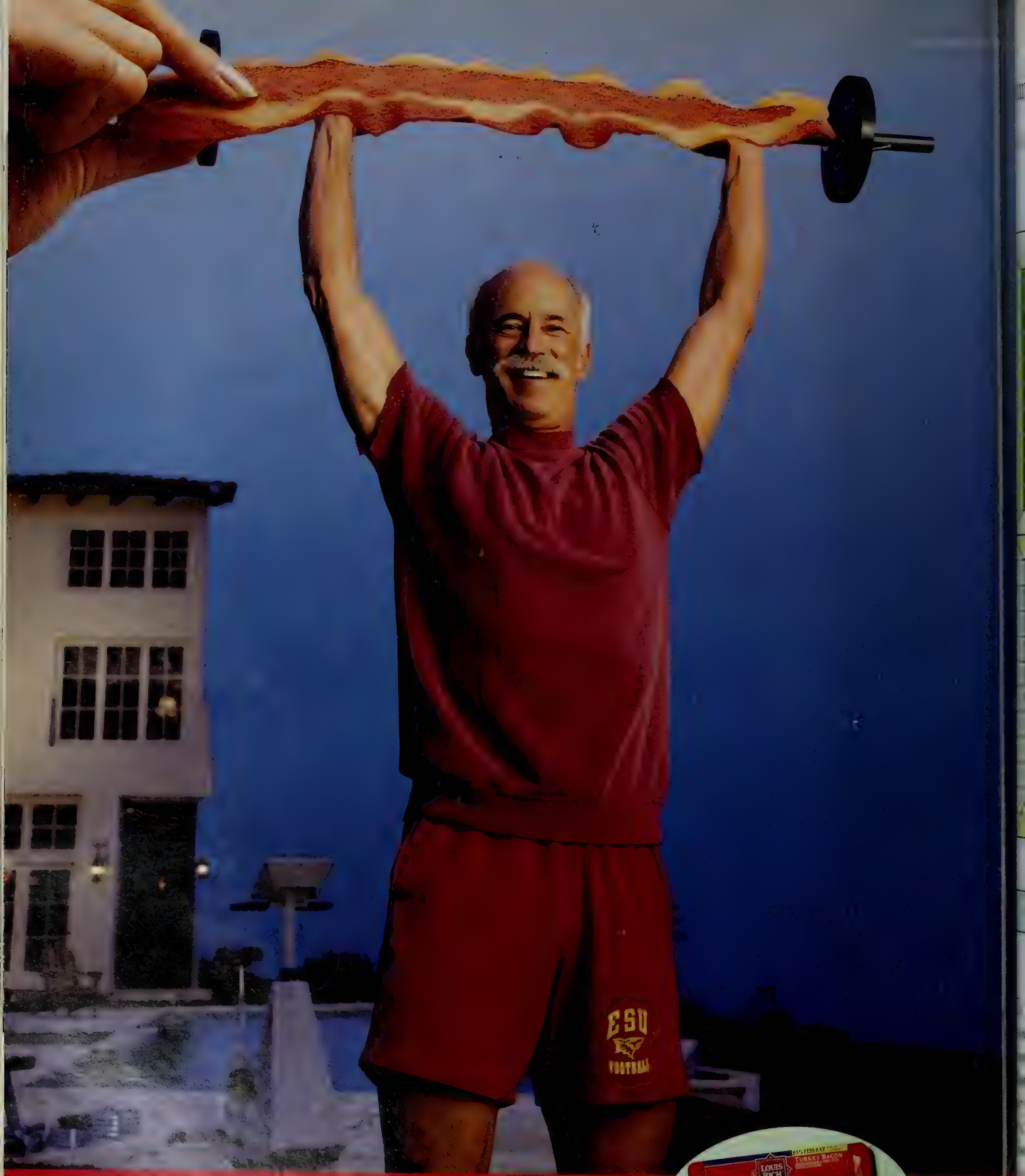


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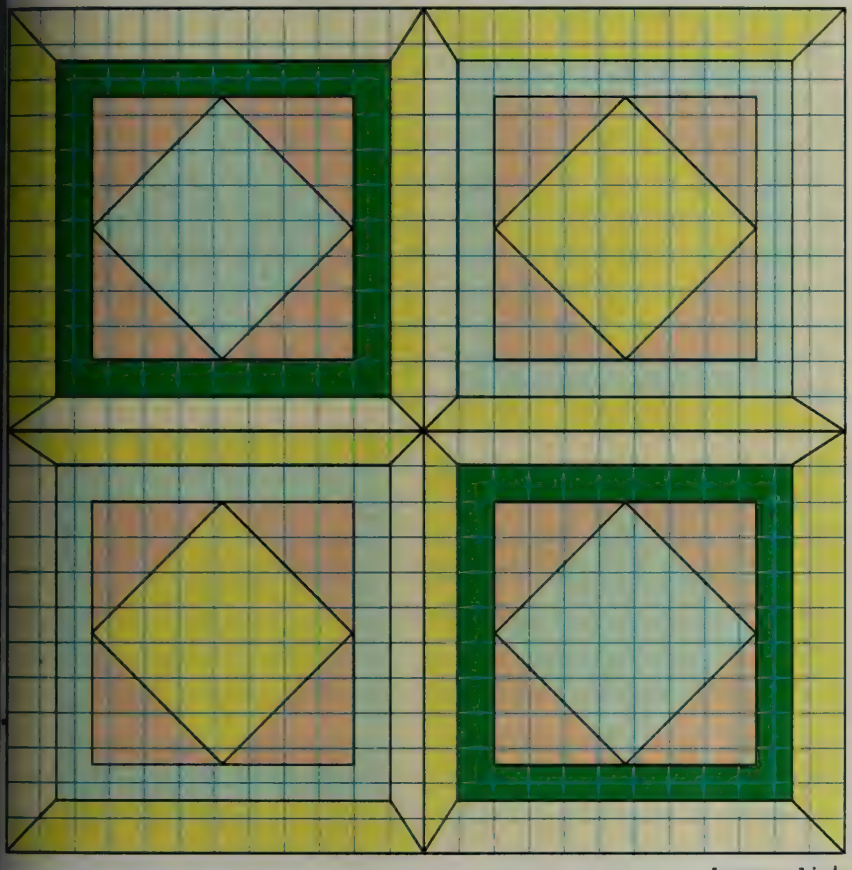


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Painted Walls

continued from page 30



1 square = 1 inch

background | dk. green | cream | orange | yellow

To draw the quilted pattern shown on *page 30*, use these instructions and refer to the diagram *above*:

Materials: carpenter's level, pencil, acrylic or latex paint in desired colors, or those suggested *above*.

Instructions: Using a pencil and level, draw the pattern directly on the wall, using the graph as your guide. Begin by drawing a square with overall dimensions of 24×24 inches. Then divide the first square into four smaller squares, each measuring 12×12 inches.

Next, create a "frame" out of each of these squares by measuring in 1½ inches from the outside edges and 1 inch from the inside edges of each square, as shown in the diagram. "Miter" the corners as shown by drawing diagonals.

Draw another square within each "frame" by measuring 1 inch in from the inside edge. To finish the pattern, draw four diamonds inside the last set of squares.

Using the diagram as a reference, mask and paint sections as described on *page 30*.

To enlarge the pattern, simply add more "quilt" blocks.

continued on page 34

How to Make...

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continued from page 33



Wall Stamping Kits

We used foam stamps and paints from Rubber Stampede to create the painted wall treatments shown in our Style in the Making® feature (*pages 23 to 32*).

To duplicate the treatment shown on *page 23*, order the **Fleur de Lis Kit** *(at right)* which contains three foam stamps (2, 3, and 4½ inches high), gold stamping paint, applicator sponges, paint brushes, and instructions. The price of the kit is $29.95, which includes shipping, handling, and applicable sales tax.

To duplicate the treatment shown on *page 24*, order the **Foliage Kit** which contains foam stamps in the five different leaf shapes (*shown above*) ranging in size from 2½ × 3½ inches to 3×6 inches), two shades of green stamping paint, applicator sponges, paint brushes, and instructions. The price of the kit is $42.95, which includes shipping, handling, and applicable sales tax.

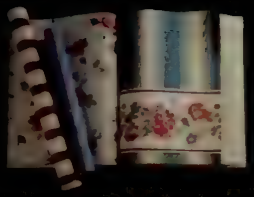


TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, make a list of the kit(s) you desire, then send that list along with your name, address, and a check or money order to: *Better Homes and Gardens* Reader Shopping Service, Dept. 9703, Box 9128, Des Moines, IA 50306-9128.



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*WASHES OUT IN 6-12 SHAMPOOS

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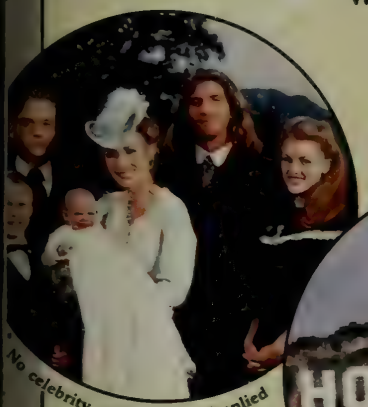
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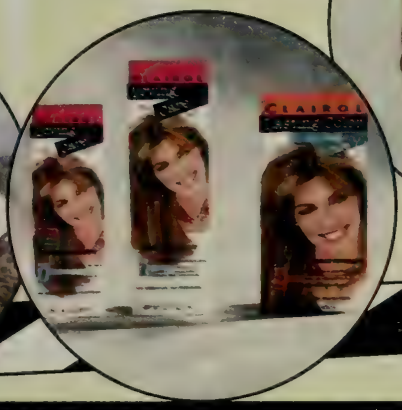
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OFFICIAL RULES - No purchase necessary - HOW TO ENTER: Simply complete the official entry form found in the March issue of Better Homes and Gardens® or in a store near you, or print your name, age, address, phone number and your favorite shade of Clairol Loving Care on a 3" x 5" card and mail to: Clairol Loving Care Sweepstakes, P.O. Box 51037, Livonia, MI 48151. Entries must be received by April 29, 1997. Limit one entry per person. Not responsible for lost, late, misdirected, incomplete or illegible entries. • Sweepstakes open to U.S. residents who have reached the age of 18 by March 9, 1997, except for employees and families of Clairol and its affiliates and advertising and promotional agencies. • Winner will be randomly drawn on or about May 5, 1997 by Promotion Watch, an independent judging organization, whose decisions are final. Winner will be notified by mail. Odds of winning depend on the number of valid entries received. • One Grand Prize Winner will receive a trip for two to Los Angeles, CA. Trip includes round-trip coach airfare for two (or reasonable ground transportation if applicable), three nights lodging, a sedan rental car and $500 for expenses. Grand Prize Winner only will also have a walk-on role on Dr. Quinn, Medicine Woman, a chance to meet Jane Seymour and a Clairol hair make-over at the Louis Licari Salon in LA. Approximate retail value (based on furthest point of departure) $6,000. Trip must be taken October 1997 - May 1998. Travel arrangements must be made through Clairol. Dates are subject to availability and show production schedule. • Prize is not transferable. No prize substitutions or cash equivalents. Grand Prize Winner may be required to sign an affidavit of eligibility/liability release form and publicity release. Grand Prize Winner Travel Companion must also complete a liability release (if under 18, release must be signed by a parent or legal guardian). Taxes are the responsibility of the winner. Void where prohibited. • To obtain an official winners list, send a self-addressed, stamped envelope by June 20, 1997 to Clairol Loving Care Winners List, P.O. Box 51037, Livonia, MI 48151.

bench marks



The low, horizonta space beneath a long, narrow wind can pose a decora ing challenge. This footstool-size benc helps bridge the g between the windo sill and the floor. T offset the strong horizontal lines, w added a trio of garden flowers. Other vertical obje such as candlestick or a lamp, would work equally well.

Benches are the workhorses of the furniture world: Compact, efficient, and wonderfully versatile, they straddle the line between table and chair. Here and on the next few pages, we've assembled a handful of charming two-leggers and put them in unexpected settings to get you thinking about benches in a brand new way.

To order bench project plan, see page 44
continued on page 40


Hold it and you're hooked.
It's new.
It hides in your hand.
It feels like part of you.
It lets you talk longer than the lunch hour you never get to take.
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bench marks



Placed beside a deep vintage bathtub, this low bench is both practical and pretty. It can be used as a step stool for kids. Or it acts as a handy shelf, holding towels and a mirror or soaps and shampoo. The crackled green finish provides a textural counterpoint to slick tile and shiny porcelain.

Nestled next to the tub or cozied up to a bed, a bench will hold life's little necessities.



At 18 inches tall, this sponge-painted bench is the perfect height to fill in as a bedside table. Sliding vintage suitcases, wicker baskets, or pretty wooden boxes underneath offers storage for extra blankets or reading material.

continued on page 42

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You have 10,000 taste buds. Fortunately, Lean Cuisine® has consulted every one of them.



fe Classics Chicken in Wine Sauce

we roast a tender chicken breast fillet to perfection. Then smother
n Madeira wine sauce with garlic and mushrooms. And accompany
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bench marks



Stacking benches into shelves adds dramatic height to a room and provides a place to hold treasured objects. To keep the overall look from becoming too "woody," we combined benches with plain, distressed, and crackled finishes.

continued on page 44

A stacked trio of benches becomes a versatile stage for displaying collections. The strong graphic shapes also look good on their own.


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THE BARE NECESSITIES™
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Keep a bench close by for those times when unexpected guests drop in and you need extra seating at the kitchen table. This tall bench seats two children or one adult comfortably. The smaller one can be pulled into duty when you need help reaching the top shelf.

Our **Two Benches, Three Ways Project Plan** gives you all the information you need to make the benches shown in this story. You'll receive basic construction drawings for a 9-inch-tall and an 18-inch-tall bench, instructions for splayed leg or vertical leg options, full-size patterns for three different apron and leg motifs, and complete directions for crackled, sponged, and antiqued (distressed) finishes. It's a complete mix-and-match package. The cost of the plan is $12.95, which includes shipping, handling, and applicable sales tax. TO ORDER, send a check or money order for $12.95 per plan to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 9703, Box 9128, Des Moines, IA 50306-9128 or call 800/881-4066.



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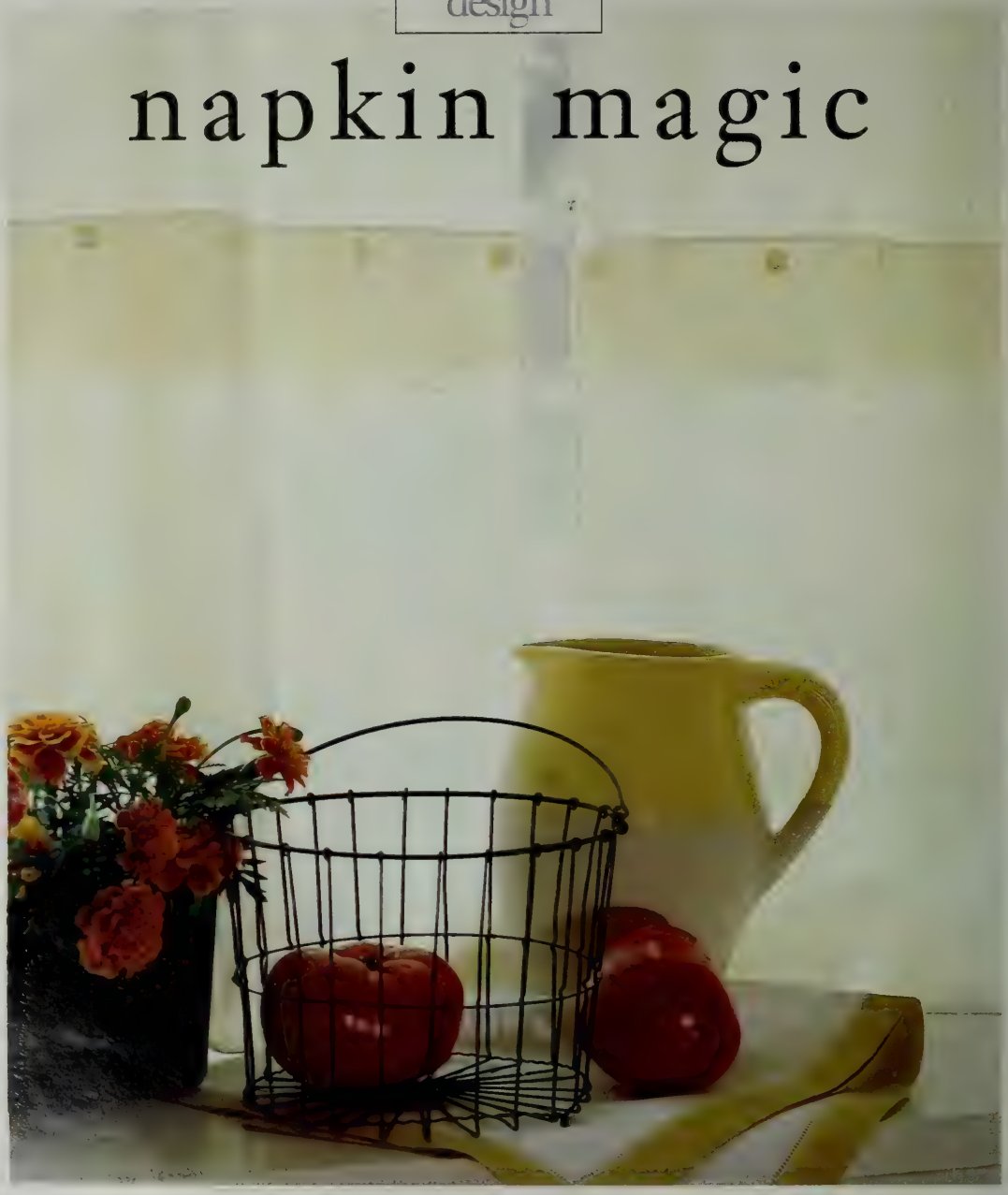
fat yogurt with aspartame and cherry topping. Contains 1/3 fewer calories than national avg. for reg. nonfat yogurt (150 cal/6oz.)

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Seating For Eight*

napkin magic



If you're searching for quick design inspiration, look no further than your linen closet. With a minimal amount of sewing, vintage or new napkins easily can be recycled as lovely window treatments, wall hangings, and scented sachets.

All Buttoned Up

Materials: Two to four napkins per curtain panel, depending on window length; five ⅝-inch-diameter buttons per napkin; thread; needle. **Instructions:** For rod pocket, fold over 3 inches of first napkin and sew on five evenly spaced buttons to secure. (Note: Buttonholes aren't necessary; simply sew through both layers of fabric. For quick stitching, use cotton crochet thread or embroidery floss.) Pin second napkin to bottom of first, overlapping it by 3 inches. Attach with five more buttons. Attach more napkins if needed to reach desired curtain length.

continued on page 50

POND'S INSTITUTE



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POND'S
INSTITUTE

napkin magic



Vintage Under Glass

Delicate old linens may be too fragile to use at the table. To preserve their beauty, layer them under a sheet of glass and hang them in frames instead.

Materials: Vintage napkins; mat board in desired colors; strip frame kits; conservation glass; cardboard backing. **Instructions:** Clean and press napkins if needed. Decide on size of frame needed for napkins, leaving 1–2 inches of exposed mat as a guide. Cut mat board, glass, and cardboard backing to desired size, or have pieces cut by a framer. (Note: Conservation glass, available from a framer, will help prevent deterioration.) Center napkins on mat boards. Assemble frames according to manufacturer's directions, using cardboard backing of adequate thickness to hold the napkins in place.

continued on page 52

1996 P&G Co



Sport Socks



Gym Shorts





Sweat Shirt



Bandanna





Basketball Shorts



Sport Bra
& Bike Shorts

Tank Top

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Help keep your clothes in great shape for as long as possible with Tide® Ultra 2. Its unique stain-releasing system helps muscle out tough stains, while special ingredients reduce the fuzzing or fading that can make cottons look old. Power up with more concentrated Tide Ultra 2, and see impressive results.



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napkin magic



Off-the-Table Topper

A lace-edged napkin, cut in half diagonally, makes a pretty point of interest on a simple-to-sew window valance.

Materials: Vintage lace-edged napkin with corner motif; 12-inch-wide length of white fabric; matching thread. **Instructions:** Measure width of window for valance. Cut a length of fabric twice the width of the window. Fold under side edges ½ inch and hem. Fold under bottom edge and hem about 1 inch. Fold under 2 inches at top for rod pocket. Press and pin. Set aside. Cut napkin in half diagonally using corner motif as bottom point. Hem raw edge. Center napkin half on valance, turning two inches of hemmed edge over rod pocket. Stitch 1⅞ inch from fold. Shirr onto extension rod.

continued on page 55



ou grew it before, you can grow it again.

Time can thin your hair. So can heredity. But it's 1997. And no woman has to accept hair loss without a fight.

Because ROGAINE can regrow hair, if heredity is the cause of your hair loss. That's a medically proven fact. ROGAINE actually goes to the root to grow hair. And even more – only ROGAINE is clinically shown to help you keep the hair you have. Over a million women worldwide have used it. And ROGAINE is the only brand doctors have prescribed to regrow women's hair. So you know it's safe to use every day.



Medically proven to get to the root to grow hair.

In just the time it takes to comb your hair, you can apply ROGAINE. It's colorless, scent-free, and dries without a trace. And you can still use your gels, mousses and sprays and even color or perm your hair – so you'll look like you while your hair is regrowing. And in just 4 months, using ROGAINE twice a day, you can see results.



In the time it takes to comb your hair, you can apply ROGAINE.

Does ROGAINE work for everybody? No. But based on extensive research, there's a good chance ROGAINE can work for you. If you don't try it, you'll never know. To answer any other questions that may be going through your mind right now, call 1-800-ROGAINE (1-800-764-2463). Starting today, give yourself the chance to grow.

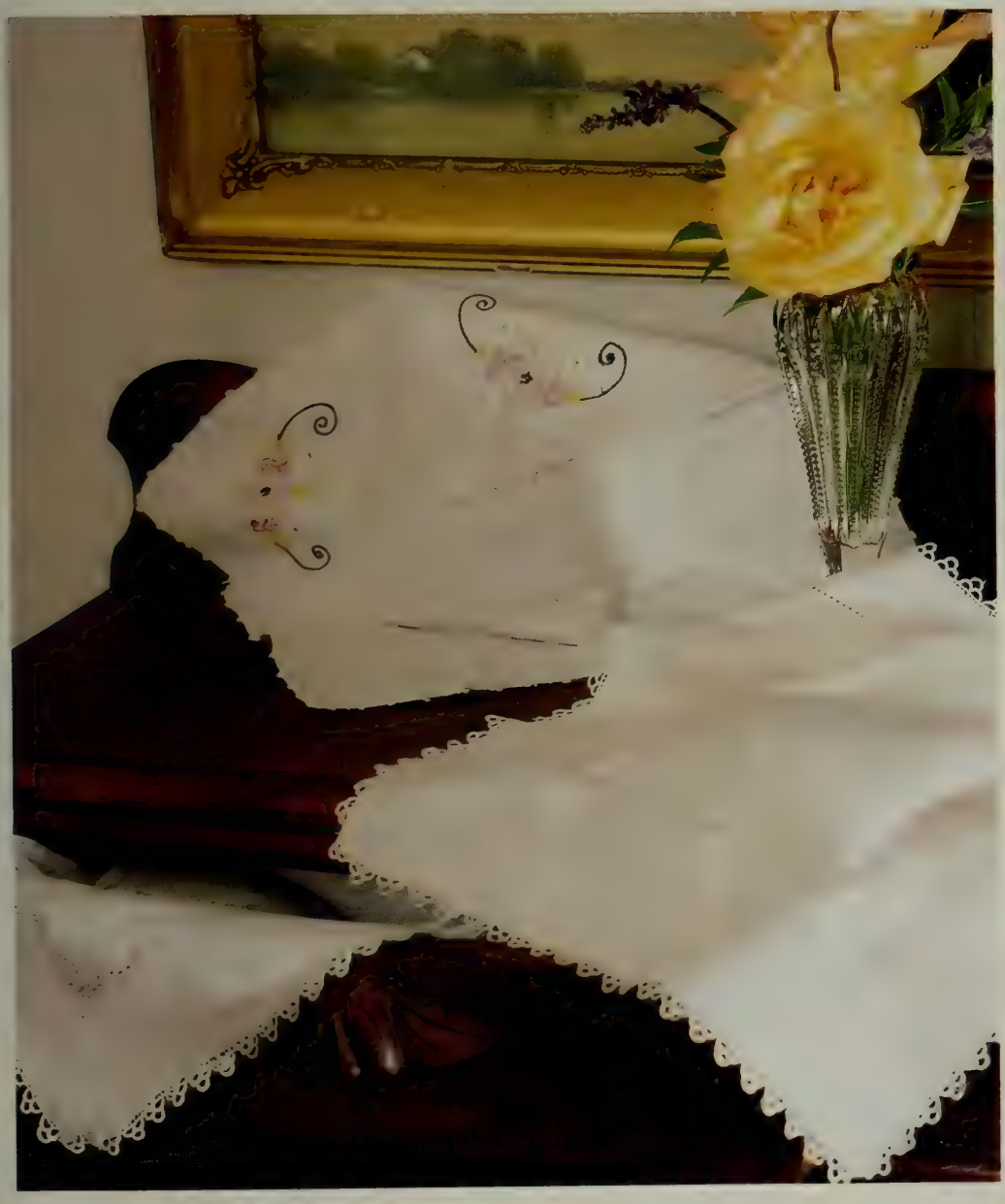


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napkin magic



Scents and Sensibility

Scented sachets are a clever way to recycle beautiful old cocktail napkins. Find two the same size and sandwich sweet-smelling potpourri between them.

Materials: Two vintage embroidered cocktail napkins of the same size; matching thread; potpourri. **Instructions:** Clean and press napkins if needed. Pin napkins together with right sides facing out. Sew a square around the inside of the napkins about 3 inches from the outside edge. Leave an opening for stuffing. Fill the pocket with potpourri until moderately full. Machine-stitch the opening closed. Stitch along the outside edges of the napkins to secure the two together. If the scent weakens with time, dab with perfume.

Buying information, page 137

A Honey of a Keepsake

First Ever! Presented in lifelike three dimensions in a colorful sculptural "honey pot"

Oh bother! A little rain can be a bit dampish when you're out for an adventure, but "just a small piece of weather" never spoiled anybody's fun—especially when you're in the company of good friends and true!

Now, if rain were honey, Pooh and his friends would be happier. But rain is rain, and all they can do is be like the water lilies and go with the flow.

"It's Just a Small Piece of Weather" is unique: presented in a honey pot shape in scrumptious bas-relief, it measures approximately 6" by 6¾". It's backed by the Bradford Exchange 365-day guarantee allowing you to return it for 100% of everything you've paid, including postage. Best of all—priced at $39.95—this plate is one sweet art value.

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"It's Just a Small Piece of Weather"

Rainy or sunny, the day's always a "honey" with Pooh and crew!

Based on the "Winnie the Pooh" works. Copyright A. A. Milne and E. H. Shepard





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IF IT'S ANYTHING LESS THAN TIDY CAT, YOU'LL KNOW.™

©1996 Golden Cat

Groomed to perfection





by Steve Cooper

It's a dog-eat-dog world out there. Any energetic and inquisitive fellow, such as King, the springer spaniel shown here, will get a bit mussed as he claws at buried treasures, stands guard against passing mutts, and rolls around in who-knows-what. So King and dogs like him need an occasional scrubbing. That's why *Better Homes and Gardens*® magazine editors worked with Eukanuba Dog Food and architect Duo Dickinson to design a home dog-grooming center. It'll make fast work of getting your own pooch clean again after he or she gets into mischief.

continued on page 62

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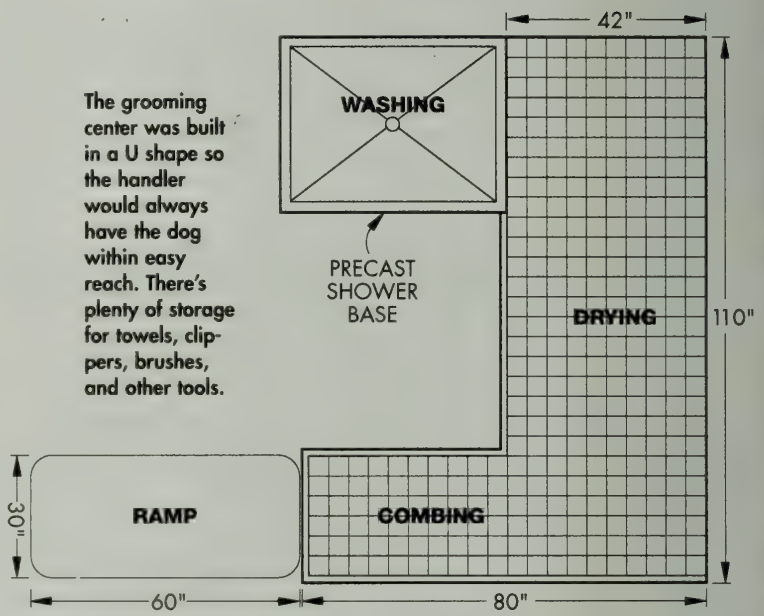
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Groomed

continued from page 61



The grooming center was built in a U shape so the handler would always have the dog within easy reach. There's plenty of storage for towels, clippers, brushes, and other tools.



The faucet was mounted low to keep it from getting in the way as owners bend into the work area. A wet-and-dry vacuum helps at cleanup.

This center follows the ideal grooming-station setup, as described by a survey of professional groomers. There is a tub at left, a drying-cage area in the middle, and a combing surface at right. The center has been raised to tabletop height to make the job easier for the handler. The dog enters by scooting up a ramp, which is covered with no-slip rubber matting.



Food and tasty treats can be stored on the dry side of the center under the combing area.

To simplify construction, we used a fiberglass shower base as the tub. It sits on top of one of the three cabinets joined to make up the center. Cabinet fronts were covered with plastic laminate material to shed water and for easy cleaning. The countertops and floor are durable ceramic tile.

continued on page 64



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You'd think with everything from alternators to transmission systems to batteries, we'd have something to fit every car in the world. The fact is we do have quality parts for over 95% of all the cars and trucks on the road. Still, we've somehow managed to overlook the best-selling "car" in America. But then, considering that ACDelco already does offer over 65,000 reliable parts, getting our engineers to come up with a part to fit that should be child's play. For more info, contact 1-800-ACDelco or http://www.acdelco.com

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It's like buying time.

Coupe® Car is a trademark of The Little Tikes Company

Groomed

continued from page 62



A dog's life isn't so bad when pampering is part of it. A caged King rests in front of a low-temperature hair dryer for about a half hour after his bath.



Avoid the dog-hair trap by fitting drains with hair strainers. It's easy to see when the transparent plastic trap needs cleaning.

For a design with bite, we ordered a dog-in-tile for the grooming center's tub wall. The image was created by Crossville Ceramics tile artist David Wright using a water-jet cutter, a precision tool that allows tiles to be cut in any shape. Tile designs are no longer limited to straight cuts with this system.



To order your own dog's protrait in tile, provide your tile dealer with a photo or drawing (specify colors and overall size). The cost is similar to that of a one-of-kind stained glass window: about $96 per square foot plus installation.

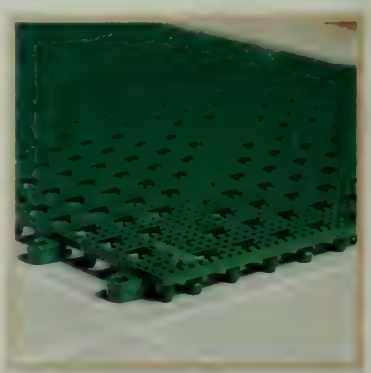


For a touch of whimsy, a tile paw print dresses up the grooming-center floor. The paw pieces were set and grouted just like ordinary tiles.

Grooming centers may be built in a basement, garage, or other indoor utility area. You will want easy access to plumbing and electricity. Also, the center should be built near a window for light and fresh-air ventilation.

Ready-made animal baths and grooming tables are also available through better pet stores. Or, dedicate a little-used shower to dog grooming and outfit it with a hand-held sprayer for no-fuss washing. ⌂

Buying information, page 137



If your dog feels skittish on slick surfaces, add a bed of soft plastic tiles. They provide dry, sure footing for Fido's paws because water and other liquids drip right through.

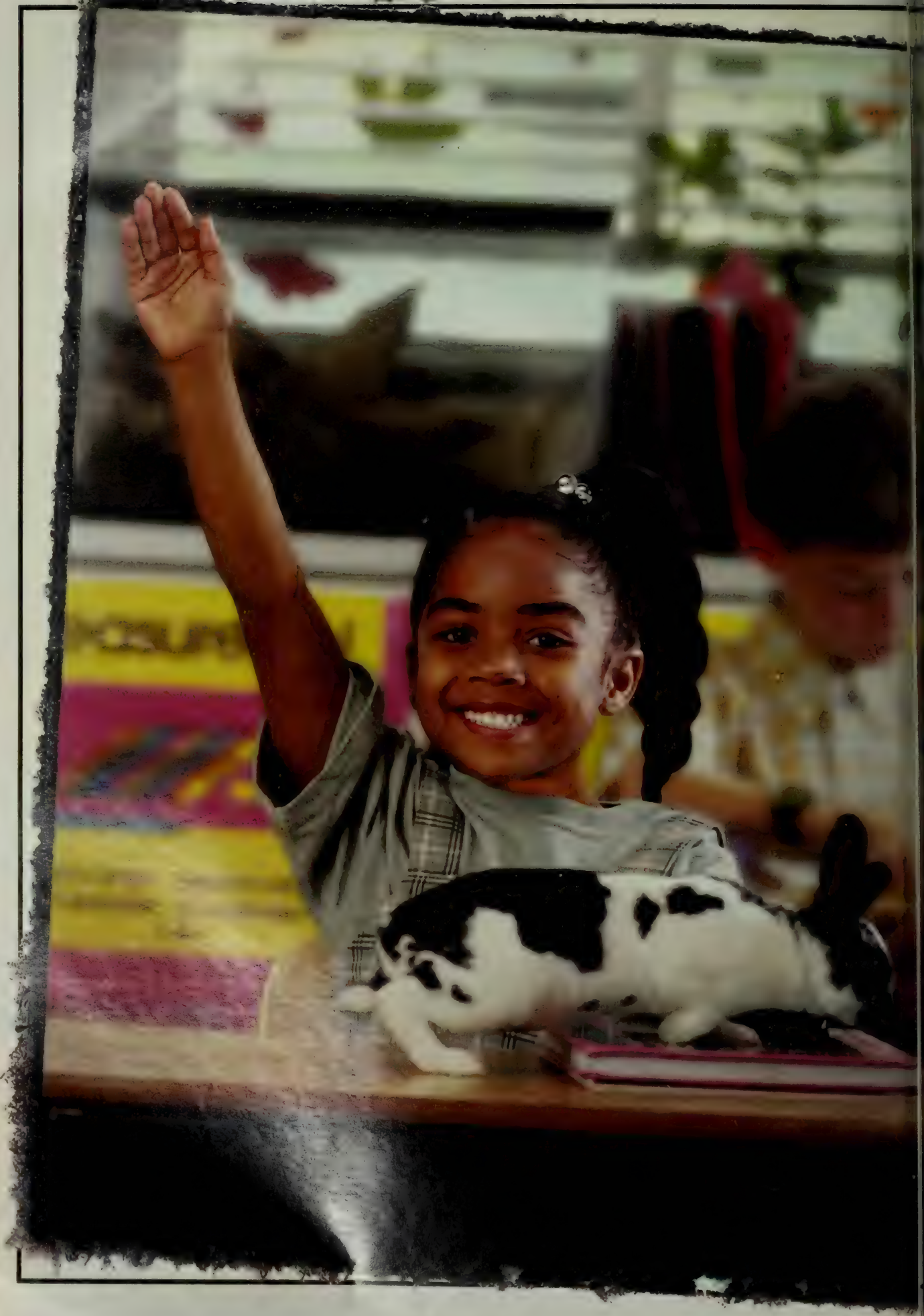
You know how you feel after a long day with the kids? So does your dog.



The family dog gets quite a workout just being the family dog. That's why nutritionists at Purina created Purina® brand Hi Pro dog food. Hi Pro is a premium d with all the protein, calcium, iron and other essential nutrients an active dog ds. Plus extra calories for his increased metabolism, giving him more energy to p up with your kids. Now, if only there was something like Hi Pro for parents.



PURINA HI PRO. MORE OF WHAT ACTIVE DOGS NEED.



The more you pay, the more you get. Is this: A) False B) Untrue C) Crazy?

We don't want to confuse anyone out there. Some people do get what they pay for. Others get much more. Maybe they know something the rest of us don't. Or maybe they simply drive a Chevy™ Cavalier.* It's loaded with gadgets you usually get in more expensive cars. Gadgets that help make it easy to own. Like a theft-deterrent system and battery rundown protection. But—get this—at $12,158,* you don't pay a lot. You just get a lot. Honest.



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It's your future.
BE THERE.

Your future is too valuable a thing to risk with **high cholesterol.** If you do something now, you may improve your chances of being there to play your part.

High cholesterol can lead to heart disease (and death). If you've been trying to lower your cholesterol with diet and exercise and still haven't reached your goal, ask your doctor about adding ZOCOR.

More than 3.1 million people around the world have taken ZOCOR. It works by reducing potentially dangerous levels of LDL (bad) cholesterol in the bloodstream. Results can vary, but ZOCOR is the only medicine that's actually been proven to help save the lives of people with high cholesterol and heart disease.

A landmark five-year study among heart disease patients with high cholesterol demonstrated dramatic results for ZOCOR: fewer cardiac procedures, fewer heart attacks, and 42% fewer deaths from heart disease.

ZOCOR is a prescription medication and only your doctor or health care professional can determine whether you should take it. In clinical studies, liver abnormalities were experienced by 1% of patients. Some people should not take ZOCOR: people with active liver disease or possible liver problems, women who are pregnant, likely to become pregnant, or are breast-feeding, or people who are allergic to any of its ingredients.

When you talk to your doctor about ZOCOR, be sure to mention any medications you are taking, to avoid possible serious drug interactions. Be sure to tell your doctor if you experience any unexplained muscle pain or weakness while taking ZOCOR, since this could be a sign of serious side effects. Finally, discuss any other side effects with your doctor.

To get your free copy of "Surviving High Cholesterol," call **1-800-363-0858.** Visit our Web site at **http://www.zocor.com**

Please read the next page for a summary of prescribing information and discuss it with your doctor.



Ask your doctor about ZOCOR– the only cholesterol medicine proven to help save lives among people with high cholesterol and heart disease.

- Does my high cholesterol put me at risk?
- Should I consider adding ZOCOR to my diet and exercise plan?
- Could ZOCOR reduce my chances of having a heart attack?
- What are the side effects of ZOCOR?
- What type of results can I expect from ZOCOR?

ZOCOR is indicated as an addition to diet for patients with high cholesterol when diet and exercise are inadequate.

ZOCOR. The cholesterol medicine that helps save lives. MERCK

ZOCOR®
(SIMVASTATIN)

PLEASE READ THIS SUMMARY CAREFULLY, AND THEN ASK YOUR DOCTOR ABOUT ZOCOR. NO ADVERTISEMENT CAN PROVIDE ALL THE INFORMATION NEEDED TO PRESCRIBE A DRUG. THIS ADVERTISEMENT DOES NOT TAKE THE PLACE OF CAREFUL DISCUSSIONS WITH YOUR DOCTOR. ONLY YOUR DOCTOR HAS THE TRAINING TO WEIGH THE RISKS AND BENEFITS OF A PRESCRIPTION DRUG FOR YOU.

USES OF ZOCOR

ZOCOR is a prescription drug that is indicated as an addition to diet for many patients with high cholesterol when diet and exercise are inadequate. For patients with coronary heart disease (CHD) and high cholesterol, ZOCOR is indicated as an addition to diet to reduce the risk of death by reducing coronary death; to reduce the risk of heart attack; and to reduce the risk for undergoing myocardial revascularization procedures (coronary artery bypass grafting and percutaneous transluminal coronary angioplasty).

WHEN ZOCOR SHOULD NOT BE USED

Some people should not take ZOCOR. Discuss this with your doctor.

ZOCOR should not be used by patients who are allergic to any of its ingredients. In addition to the active ingredient simvastatin, each tablet contains the following inactive ingredients: cellulose, lactose, magnesium stearate, iron oxides, talc, titanium dioxide, and starch. Butylated hydroxyanisole is added as a preservative.

Patients with liver problems: ZOCOR should not be used by patients with active liver disease or repeated blood test results indicating possible liver problems. (See WARNINGS.)

Women who are or may become pregnant: Pregnant women should not take ZOCOR because it may harm the fetus. **Women of childbearing age should not take ZOCOR unless it is highly unlikely that they will become pregnant.** If a woman does become pregnant while on ZOCOR, she should stop taking the drug and talk to her doctor at once.

Women who are breast-feeding should not take ZOCOR.

WARNINGS

Liver: About 1% of patients who took ZOCOR in clinical trials developed elevated levels of some liver enzymes. Patients who had these increases usually had no symptoms. Elevated liver enzymes usually returned to normal levels when therapy with ZOCOR was stopped.

Your doctor should perform routine blood tests to check these enzymes before and during treatment with ZOCOR. The tests should occur at 6 weeks and 12 weeks after you begin taking ZOCOR, and about every 6 months thereafter. If your enzyme levels increase, your doctor should order more frequent tests. If your liver enzyme levels remain unusually high, your doctor should discontinue your medication.

Tell your doctor about any liver disease you may have had in the past and about how much alcohol you consume. ZOCOR should be used with caution in patients who consume large amounts of alcohol.

Muscle: Tell your doctor right away if you experience any muscle pain, tenderness, or weakness at any time during treatment with ZOCOR, particularly if you have a fever or if you are generally not feeling well, so your doctor can decide if ZOCOR should be stopped. Some patients may have muscle pain or weakness while taking ZOCOR. Rarely, this can include muscle breakdown resulting in kidney damage. The risk of muscle breakdown is greater in patients taking certain other drugs along with ZOCOR, such as the lipid-lowering drug Lopid* (gemfibrozil), a fibrate; lipid-lowering doses of nicotinic acid (niacin); the antibiotic erythromycin; antifungal drugs that are azole derivatives, such as itraconazole; or drugs that suppress the immune system (called immunosuppressive drugs, such as Sandimmune [cyclosporine]). Therapy with ZOCOR should be temporarily interrupted if you are going to take an azole derivative antifungal medication, such as itraconazole. Patients using ZOCOR along with any of these other drugs should be carefully monitored by their physician. The risk of muscle breakdown is greater in patients with kidney problems or diabetes.**

If you have conditions that can increase your risk of muscle breakdown, which in turn can cause kidney damage, your doctor should temporarily withhold or stop ZOCOR. Such conditions include severe infection, low blood pressure, major surgery, trauma, severe metabolic, endocrine and electrolyte disorders, and uncontrolled seizures. Discuss this with your doctor, who can explain these conditions to you.

Because there are risks in combining therapy with ZOCOR with lipid-lowering doses of nicotinic acid (niacin) or with drugs that suppress the immune system, your doctor should carefully weigh the potential benefits and risks. He or she should also carefully monitor patients for any muscle pain, tenderness, or weakness, particularly during the initial months of therapy and if the dose of either drug is increased. Your doctor may also monitor the level of certain muscle enzymes in your body, but there is no assurance that such monitoring will prevent the occurrence of severe muscle disease.

PRECAUTIONS

Before starting treatment with ZOCOR, try to lower your cholesterol by other methods such as diet, exercise, and weight loss. Ask your doctor about how best to do this. Any other medical problems that can cause high cholesterol should also be treated.

ZOCOR is less effective in patients with the rare disorder known as homozygous familial hypercholesterolemia.

Drug Interactions: Because of possible serious drug interactions, it is important to tell your doctor what other drugs you are taking, including those obtained without a prescription.

ZOCOR® (simvastatin) can interact with Lopid, niacin, erythromycin, certain antifungal drugs, ar that suppress the immune system (called immunosuppressive drugs, such as Sandimmun WARNINGS, Muscle.)

Some patients taking lipid-lowering agents similar to ZOCOR® (simvastatin) and coumarin antico (a type of blood thinner) have experienced bleeding and/or increased blood clotting time. Patient these medicines should have their blood tested before starting therapy with ZOCOR and should c to be monitored.

Endocrine (Hormone) Function: ZOCOR and other drugs in this class may affect the produ certain hormones. Caution should be exercised if a drug used to lower cholesterol levels is admi to patients also receiving other drugs (e.g., ketoconazole, spironolactone, cimetidine) that may c the levels or activity of hormones. If you are taking any such drugs, tell your doctor.

Central Nervous System Toxicity; Cancer, Mutations, Impairment of Fertility: Li prescription drugs, ZOCOR was required to be tested on animals before it was marketed for hum Often these tests were designed to achieve higher drug concentrations than humans achieve at mended dosing. In some tests, the animals had damage to the nerves in the central nervous sy studies of mice with high doses of ZOCOR, the likelihood of certain types of cancerous tumors inc No evidence of mutations of or damage to genetic material has been seen. In one study with Z there was decreased fertility in male rats.

Pregnancy: Pregnant women should not take ZOCOR because it may harm the fetus.

Safety in pregnancy has not been established. There have been no reports of birth defects in the c of patients taking ZOCOR. However, in studies with lipid-lowering agents similar to ZOCOR, the been rare reports of birth defects of the skeleton and digestive system. Therefore, women of childb age should not take ZOCOR unless it is highly unlikely they will become pregnant. If a woma become pregnant while taking ZOCOR, she should stop taking the drug and talk to her doctor at on active ingredient of ZOCOR did not cause birth defects in rats at 6 times the human dose or in ra 4 times the human dose.

Nursing Mothers: Drugs taken by nursing mothers may be present in their breast milk. Becaus potential for serious adverse reactions in nursing infants, a woman taking ZOCOR should not feed. (See WHEN ZOCOR SHOULD NOT BE USED.)

Pediatric Use: ZOCOR is not recommended for children or patients under 20 years of age.

SIDE EFFECTS

Most patients tolerate treatment with ZOCOR well; however, like all prescription drugs, ZOCOR car side effects, and some of them can be serious. Side effects that do occur are usually mild and lived. Only your doctor can weigh the risks versus the benefits of any prescription drug. In clinica ies with ZOCOR, less than 1.5% of patients dropped out of the studies because of side effects. In a long-term study, patients taking ZOCOR experienced similar side effects to those patients taking p (sugar pills). Some of the side effects that have been reported with ZOCOR or related drugs are below. This list is not complete. Be sure to ask your doctor about side effects before taking ZOC to discuss any side effects that occur.

Digestive System: Constipation, diarrhea, upset stomach, gas, heartburn, stomach pain/cr anorexia, loss of appetite, nausea, inflammation of the pancreas, hepatitis, jaundice, fatty changes liver, and, rarely, severe liver damage and failure, cirrhosis, and liver cancer.

Muscle, Skeletal: Muscle cramps, aches, pain, and weakness; joint pain; muscle breakdown.

Nervous System: Dizziness, headache, insomnia, tingling, memory loss, damage to nerves ca weakness and/or loss of sensation and/or abnormal sensations, anxiety, depression, tremor, l balance, psychic disturbances.

Skin: Rash, itching, hair loss, dryness, nodules, discoloration.

Eye/Senses: Blurred vision, altered taste sensation, progression of cataracts, eye muscle weakr

Hypersensitivity (Allergic) Reactions: On rare occasions, a wide variety of symptoms have reported to occur either alone or together in groups (referred to as a syndrome) that appeared to be on allergic-type reactions, which may rarely be fatal. These have included one or more of the follow severe generalized reaction that may include shortness of breath, wheezing, digestive symptoms, a blood pressure and even shock; an allergic reaction with swelling of the face, lips, tongue and/or thro difficulty swallowing or breathing; symptoms mimicking lupus (a disorder in which a person's im system may attack parts of his or her own body); severe muscle and blood vessel inflammation; br various disorders of blood cells (that could result in anemia, infection, or blood clotting problem abnormal blood tests; inflamed or painful joints; hives; fatigue and weakness; sensitivity to sunlight; chills; flushing; difficulty breathing; and severe skin disorders that vary from rash to a serious bur shedding of skin all over the body, including mucous membranes such as the lining of the mouth.

Other: Loss of sexual desire, breast enlargement, impotence.

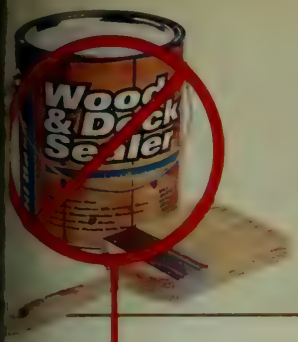
Laboratory Tests: Liver function test abnormalities including elevated alkaline phosphatase and bin; thyroid function abnormalities.

NOTE: This summary provides important information about ZOCOR. If you would more information, ask your doctor or pharmacist to let you read the professional lab and then discuss it with them.

MERCK
West Point, PA 19486

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J7Z018



In a time when 12-hour workdays are common, you should at least have a deck that gives you weekends off.

Easy maintenance. That's what a Trex deck is all about. It won't fill your leisure time with lots of chores. It never needs sealing. Never splits, splinters or warps. It resists sun, rain and termites and carries a 10-year warranty. Trex. Because a deck is supposed to let you relax.



Trex®

Relax. It's a Trex deck.

Call 1-800-BUY TREX, or visit us at: www.trex.com. © 1997 Trex Company, LLC, Winchester, Va.

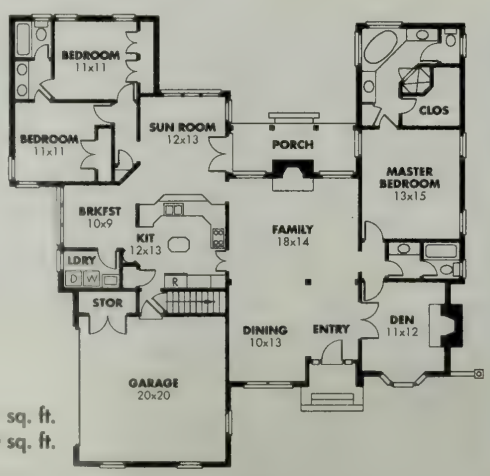
home plan

An English Accent

by Steven Mumford



Stucco and stone adorn the exterior of this home, lending it a charm reminiscent of English country houses. An elegant wing wall and a bay window—capped with a standing-seam copper roof—echo the theme while elliptical arches with masonry keystones above the windows and entrance reinforce it. Inside, an expansive family room and dining room draw you in but also separate the master suite from the home's family spaces. Serving food from the kitchen is a cinch. The room offers ready access to all of the home's living spaces. (It's also right next to the garage, making short work of bringing in groceries.) Unlike many nonperimeter kitchens, this one allows for multiple outside views. Up front, a cozy den with a fireplace makes an ideal space for reading or relaxing.



First floor: 2,120 sq. ft.
Total living area: 2,120 sq. ft.

How to Order Plan

1. Determine the number of plans you want to order and calculate the price from the listings below. Add $10 for postage and handling ($40 for next-day service); Georgia residents (only) add 6 percent sales tax.

2. Specify plan no. 238-BHG-0397.

3. Send name, address, and check, money order, or credit card information to:
Design Traditions/*BH&G*
1200 Ashwood Parkway,
Suite 250, Atlanta, GA 30338
or call: 800/274-2444
in Atlanta: 770/671-9100

Square footage figures represent heated floor only. They do not represent two-story vaulted spaces, garages, unfinished areas, or basements. No plumbing or mechanical plans are included. We recommend you have an architect or engineer ensure mechanical equipment is sized correctly for your particular regional building codes and climate.

Here are the prices:
SINGLE SET $450
SET OF EIGHT $650
EACH ADDITIONAL SET $40

That may come as a surprise to a lot of women.

You see, our bodies continuously break down old bone and rebuild new bone. But after menopause, a deficiency of estrogen causes women to lose bone faster than it is replaced. This imbalance causes osteoporosis.

After menopause, calcium alone isn't enough to stop bone loss or make bones stronger if you have osteoporosis.

And during the first five years after menopause, some women may lose as much as 25% of their bone density. In many women, this bone loss is severe enough to make bones weak and fragile, causing them to break easily.

Calcium can play a role in maintaining bone health after menopause by slowing bone loss.

But contrary to what people think, calcium can't totally stop bone loss, and can't make your bones any stronger after menopause.

So manage your bone health. Work with your doctor, who will recommend evaluation and treatment programs that are best for you.

And ask your doctor about FOSAMAX—a breakthrough treatment for osteoporosis that's non-hormonal and proven to restore lost bone in many women past menopause. Calcium alone can't do that.

So ask your doctor if FOSAMAX is right for you.

FOSAMAX should be used with caution if you have certain stomach or digestive problems, and should not be used if you have certain disorders of the esophagus (the tube that connects your mouth with your stomach), are unable to stand or sit upright for at least 30 minutes, or have severe kidney disease, low levels of calcium in your blood, or are pregnant or nursing. Like any prescription drug, FOSAMAX may cause side effects, most commonly stomach and muscle, bone or joint pain. Generally, these have been mild and have not stopped people from taking it. However, some patients may develop serious reactions in the esophagus.

But if you're like most women with osteoporosis, FOSAMAX could be an exciting option for you. And a way to rebuild your bone strength.

FOSAMAX. The first non-hormonal treatment for osteoporosis proven to rebuild bone in women past menopause.

FOSAMAX®

(alendronate sodium tablets)

Ask your doctor and call 1-800-910-4217 for more information.

Please see the Patient Information at the end of ad and discuss it with your doctor.

971359(5)(03)-FOS

"When I found out

I had osteoporosis,

I used to hesitate

before I walked

down the stairs."



FIGHT YOUR FEAR WITH FOSAMAX.

THE FIRST NON-HORMONAL TREATMENT
FOR OSTEOPOROSIS
PROVEN TO REBUILD BONE.

MERCK



Having osteoporosis doesn't have to mean you'll
ver be able to do all the things you want to do.
Because there's FOSAMAX—a breakthrough
atment that's non-hormonal and proven to
tore lost bone in many women past menopause.
nd calcium alone can't do that.
Calcium can play a role in maintaining bone
alth after menopause by slowing bone loss. But
ntrary to what many people think, calcium can't
tally stop bone loss, and can't make your bones
y stronger after menopause.
Is FOSAMAX right for you? Ask your doctor.
should be used with caution if you have certain
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But if you're like most women with osteoporosis, FOSAMAX could be an exciting option for you. And a way to build back your bone strength. As well as your confidence.

FOSAMAX®

(alendronate sodium tablets)

ASK YOUR DOCTOR OR CALL 1 800 290-4303 EXT. 11

Patient Information on the next page and discuss it with your doctor.

Home Plans To Buy

Blueprints are available for the Wild Rice House *(pages 189 to 194)*. If you do not need complete plans at this time, but are interested in more information, we suggest the Study Plan.

Study Plan: The eight-page Study Plan booklet includes all four elevations, kitchen and bath cabinet elevations, floor plan diagrams with room dimensions *(incuding the finished basement not shown in our feature)*, and general information about the home. Although the Study Plan cannot be used for construction, it will be a valuable aid in selecting a lot on which to build and in making inquiries to a builder.

Complete Blueprints: All *Better Homes and Gardens*® Home Plans include a list of materials for easy estimating, complete drawings *(including elevations)*, foundation plans showing structural support and type of materials used, floor plans with room dimensions *(including th finished basement)*, roof plans, and kitchen and bath cabinet details.

Plan Ahead and Save: The cost per plan is significantly less whe you purchase the Contractor's Pack of 5 blueprints or the Hom Builder's Pack of 8 blueprints. These multi-plan sets provide copies fo your lender and subcontractors. All prices *(below)* include handlin regular shipping by UPS ground service, and applicable sales tax Rush delivery is available at an additional charge.

Plan Prices:

Study Plan—$35.00; Individual Plan—$225.00; Contractor's Pack (5)—$300.00; Home Builder's Pack (8)—$380.00 Additional Sets, Each—$50.00.

To Order: Call *Better Homes and Gardens*® Reader Shopping Service toll free at 800/881-4066 to order with your Mastercard, Visa, or American Express card. Please be prepared to tell our operators the type of plans you desire (Study Plan or Blueprints) and the number of plans you wish to purchase.

FOSAMAX® (alendronate sodium tablets)
Patient Information about
FOSAMAX® (FOSS-ah-max) for Osteoporosis
Generic name: alendronate sodium (a-LEN-dro-nate)

Please read this information before you start taking FOSAMAX. Also, read the Patient Information leaflet each time you renew your prescription, just in case anything has changed. Remember, the leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

These are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, swallow your FOSAMAX tablet with a full glass (6-8 oz.) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
2. **After swallowing your FOSAMAX tablet do not lie down — stay fully upright (sitting or standing) for at least 30 minutes and until after your first food of the day. Do not chew or suck on a tablet of FOSAMAX.**
3. **Do not take FOSAMAX at bedtime or before getting up for the day.**
   The above actions will help the FOSAMAX tablet reach your stomach quickly and help avoid irritation of your esophagus (the tube that connects your mouth with your stomach).
4. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins.
   FOSAMAX is effective only if taken when your stomach is empty.
5. **If you develop difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. Take FOSAMAX once a day, every day.
7. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis only if you continue to take it.
8. If you miss a dose do not take it later in the day. Continue your usual schedule of 1 tablet once a day the next morning.

What is FOSAMAX?

FOSAMAX is for the treatment of osteoporosis (thinning of bone) in women after menopause. You will find more information about osteoporosis at the end of the leaflet.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone increases and the bone is less likely to fracture. Thus, FOSAMAX reverses the progression of osteoporosis.

Who should not take FOSAMAX?

Patients with

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or Nursing

FOSAMAX is for use by women after menopause. If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX® (alendronate sodium tablets)?

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They genera have not caused patients to stop taking FOSAMAX. However, some patients may develop severe digesti reactions including irritation, inflammation or ulceration of the esophagus (the tube that connects your mouth w your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This m occur especially if patients do not drink a full glass of water with FOSAMAX and/or if they lie down in less than minutes and before their first food of the day. Esophageal reactions may worsen if patients continue to ta FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Some patients treated with FOSAMAX experienced abdominal (stomach) pain, which was the most commor reported side effect. Less frequently reported were other digestive disturbances such as:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea and gas.

Rarely stomach or other peptic ulcers (some severe) have occurred, but it is not known whether these we caused by treatment with FOSAMAX.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rare a rash has occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat whic may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when th tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then new bone is formed This balanced process of resorbing and forming bone keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause. Menopaus happens when the ovaries stop producing the female hormone, estrogen, or are removed (which may occur, fo example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone los occurs and bones become weaker.

At the start osteoporosis usually has no symptoms, but it can result in fractures (broken bones). Fractures usuall cause pain. Fractures of the bones of the spine may not be painful, but over time they cause height loss. Eventuall the spine becomes curved and the body becomes bent over. Fractures may happen during normal, everyda activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

How can osteoporosis in postmenopausal women be treated?

- **Medication.** Your doctor may prescribe FOSAMAX.
- **Lifestyle changes.** In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise must be safe to prevent injuries including fractures. You should consult your doctor before you begin any exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important to patients with osteoporosis. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

The Patient Information leaflet provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other health care provider.

MERCK & CO., INC. Issued November 1996 West Point, PA 19486, USA

FOSAMAX

(alendronat
sodium tablet

MERCK

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971359(9)(03)-R

FOR A STORE NEAREST YOU PLEASE CALL 1-800-288-0218

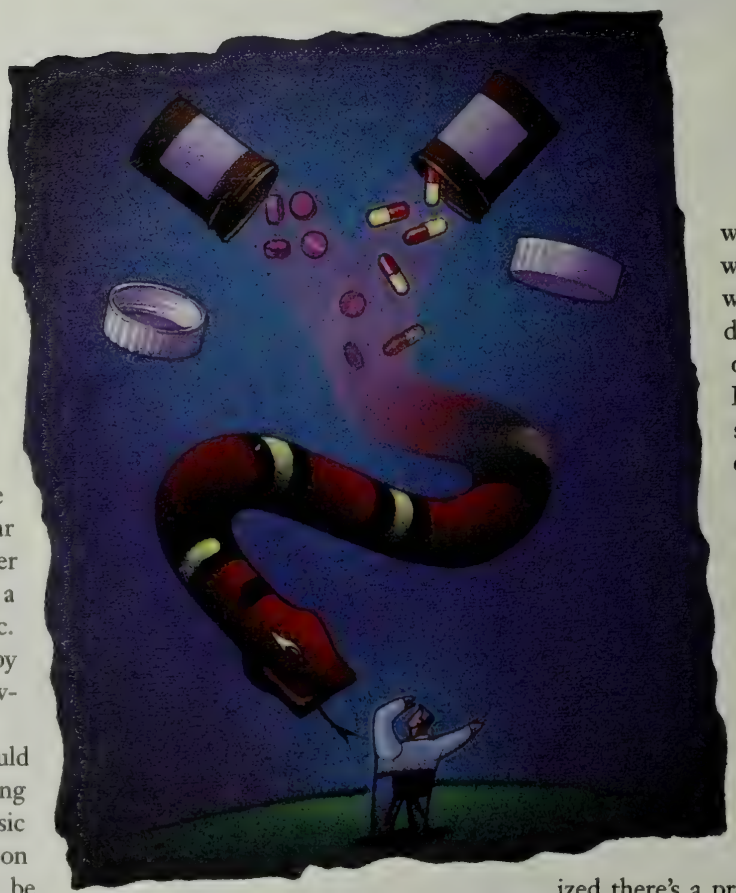


VANILLA FIELDS

ONLY NATURE COULD INSPIRE SO PERFECT A FRAGRANCE

Dangerous Drug Interactions

by Patricia Hittner



Note: Our writer posed as a patient to see if pharmacists would fill a potentially harmful combination.

I tried to fill two phony prescriptions, just to prove a point.

One was for Seldane (terfenadine), a popular antihistamine. The other was for erythromycin, a widely used antibiotic. Each medication is safe by itself. Mixing them, however, can be deadly.

Every pharmacist should know this—without having to look it up. It's the classic example of two prescription drugs that should never be taken together, and one of the most publicized.

Erythromycin may cause blood levels of Seldane to increase; in rare cases, this can trigger fatal heart-rhythm abnormalities. The problem was discovered in 1990. Three times since, the maker of Seldane has sent warning letters to every doctor and pharmacist in the country. The latest batch was mailed last June. The letters would have been hard to miss. But, anyone who did miss them would have caught an earlier advisory from the Food and Drug Administration. The same message is also clearly printed with every Seldane package. So I really wasn't expecting anyone to fill my order.

Only at the last moment did the pharmacist see a warning on one bottle.

The prescriptions were written by David Flockhart, M.D., as part of a study in collaboration with Georgetown University Medical Center. We wanted to see if I could find a pharmacist who'd actually dispense them. Unfortunately, it didn't take long.

The first two pharmacists I met turned me down. One was wild with disbelie wondering why a docto would write a potentia death sentence. Th other was incredulous He shook his head an said, "I cannot in goo conscience fill these."

But a third pharmacist at a discount drugstore obligingly filled the two scripts. He gave me two bottles of pills, counseling me to take the Seldane less frequently than prescribed.

Only at the last moment did the pharmacist see a warning on one bottle. "I just realized there's a problem," he said, seizing the Seldane. "You can't take these together."

If he was careless, the next pharmacist must have been asleep. I dropped off my prescriptions. A half hour later, I picked them up, no questions asked. Turning to leave the small, independent drugstore, I asked, "Can I take these together?"

"Wait, you reminded me of something," said the pharmacist, now on high alert. "I think there's something about that." She scanned some literature. "No, you can't take them together. Don't take them together."

Back home, I stared at my prescriptions. My hands shook as I read the labels. Nothing warned me not to mix the drugs. If I were a real patient, I wouldn't have known my life could possibly be cut short by a prescription error.

I could have written this all off as a fluke, two bad pharmacies in a sea of others with impeccable standards. But I found yet another pharmacist, this time in an upscale supermarket, willing to fill my request. Only after filling

continued on page 80



You're a security blanket. A hand to hold. A shoulder to lean on.
JERGENS ULTRA HEALING LOTION absorbs completely to help restore your skin to its healthy, moisturized self. Which makes your skin so nice to touch, and you so nice to hold.

JERGENS SKINCARE
Because life is touching.™

Drug Interactions

continued from page 78

them did he notice the computerized printout warning of a dangerous interaction.

In all, I visited seven pharmacies near my home in central Massachusetts. Four pharmacists would not fill my order, but one druggist did, and two others were thwarted only by computer programs.

Computer programs that flag interactions are standard in any well-run pharmacy. But how much protection do they offer?

Not much, according to another study by Dr. Flockhart's colleagues. They tried a similar experiment. Visiting 50 pharmacies in the Washington, D.C., area, the researchers found that 32 percent of pharmacists didn't warn patients that erythromycin and Seldane should not be mixed.

All but two of these drugstores had computer programs in place. Even so, 29 percent of pharmacists with access to this technology either didn't see the alert or didn't pass along the news to their customers.

The results were alarming, even to the Georgetown University research team that conducted the study. "None of us dreamt that pharmacists were actually handing out lethal combinations of drugs," says Dr. Flockhart. The study also sent shock waves through the medical community. But, as I discovered, the ripples haven't hit every pharmacy.

One reason three of the pharmacists didn't quickly usher me out the door may have been that both prescriptions were written by the same doctor. They may have assumed the doctor knew what he or she was doing. But pharmacists are supposed to be the last line of defense.



There's no standard system to alert druggists to a potentially fatal mistake.

Americans spend about $40 billion a year on prescrip tion and over-the-counter medications. But we spend fa more on mistakes. The annual toll of drug-related erro exceeds $76 billion. This includes failure of patients t follow instructions, but it also encompasses problems wit dosage, drug choice, and harmful interactions.

The high numbers are no surprise to anyone who stud ies the issue. Many physicians have little understanding o medicine on a molecular level, says Dr. Flockhart. Onl a minority of medical schools offer intensive train ing in clinical pharmacology, he says.

Also, new medicines are continually bein added to the market. So it's difficult, if no impossible, for doctors to keep abreast o every single drug.

"There are more and more good drug coming out, but we're not using them well, says Dr. Flockhart. "There's no question in m mind about that."

While the Seldane-erythromycin alarm was first sounded in 1990, a recent study shows that not all doctors have gotten th word. Two to three percent of patients o Seldane also had prescriptions for othe drugs, such as erythromycin, that could prov lethal if combined.

Hoescht Marion Roussel, the maker o Seldane, takes issue with this study, whic appeared in the May 1, 1996, *Journal of th American Medical Association*. The study wa funded by Schering-Plough Corporation which makes a rival drug.

"Our own research shows only about one half of 1 per cent of Seldane users have overlapping prescriptions fo other drugs that can result in a dangerous interaction," says Hoescht spokesperson Diane Parks.

Seldane and erythromycin, it must be stressed, are by

continued on page 82

Food and Drugs That Don't Mix

Did you know that a glass of grapefruit juice might kill you? So could a large serving of broccoli. Or even a piece of cheddar cheese.

All these foods can be lethal if mixed with the wrong medication.

Many interactions between drugs are well documented. But little is known about how food fits into the equation.

Here's a partial list of some foods and medicines that don't mix and shouldn't be taken together:

- Grapefruit juice and calcium channel blockers. A compound in grapefruit slows the rate the body metabolizes these drugs, in effect, making them much more potent. Don't drink grapefruit juice if you are taking Sandimmune, Seldane, or Hismanal.
- Broccoli and Coumadin (warfarin). This otherwise healthy vegetable can counteract the effect of Coumadin, a widely prescribed blood thinner. People on Coumadin also should refuse large helpings of kale, brussels sprouts, and other foods rich in vitamin K.
- Cheddar cheese and MAO inhibitors. Aged cheese contains high levels of a chemical called tyramine. So do certain other products, such as pickled herring and fava beans. Patients taking antidepressants known as MAO inhibitors must avoid these foods.
- Licorice and Lanoxin. Don't overload on this sweet treat if you take Lanoxin, a heart medication. The combination could result in a serious heart disturbance.



HAVE YOU *EVER*

TREATED A

VAGINAL YEAST INFECTION

in

BROAD DAYLIGHT ?

You can with

Oral DIFLUCAN®
(fluconazole)

The only one-dose tablet for yeast infections you can take anytime—day or night.

You simply take one oral tablet once for a complete cure for most vaginal yeast* infections. That's the great idea behind Diflucan, the treatment doctors have prescribed more than 2 million times.† And Diflucan has been shown to be comparable to 7 days of Monistat® 7, Gyne-Lotrimin®, or Mycelex®-7.‡ In US clinical studies, the most common side effects that occurred with Diflucan were headache (13%), nausea (7%), and stomach pain (6%). To find out more about the prescription oral treatment... ask your doctor or healthcare professional about Diflucan for vaginal yeast infections.

Diflucan®
(fluconazole 150-mg tablet)
The one-dose *oral* treatment

Pfizer

Please see additional important product information on adjacent page.

*Due to *Candida*.
† IMS America National Prescription Audit September 1994-January 1996.
‡ Monistat 7 (miconazole) is a registered trademark of Ortho Pharmaceutical Corp; Gyne-Lotrimin (clotrimazole) is a registered trademark of Schering-Plough Corp; Mycelex-7 (clotrimazole) is a registered trademark of Bayer Corp.

Diflucan®
(fluconazole 150-mg tablet)

for vaginal yeast infections due to *Candida*

Summary of patient information about DIFLUCAN (Dí-flū-can), fluconazole (flū-con-á-zol)

PLEASE READ THIS BEFORE USING DIFLUCAN for the treatment of vaginal yeast infections due to *Candida*.

Pfizer wants you to know as much as possible about your medicines. The purpose of this summary is to inform you about DIFLUCAN and its use in the treatment of vaginal yeast infections. However, no summary can take the place of a discussion between you and your doctor or other healthcare professional. Your doctor has been provided with full prescribing information for DIFLUCAN, upon which this summary is based. You may want to read it and discuss any questions you may have.

What is a vaginal yeast infection?

In the vagina, yeast and bacteria live together in a balance that limits the excessive growth of either. When this normal balance is upset for any reason, an infection can occur. Changes within the vagina can be caused by increased moisture, as may happen during prolonged exposure to wet clothing or sweaty exercise outfits.

In addition, some medical conditions and certain medicines can increase the chances of getting a yeast infection. Specifically, the chances of getting an infection are higher in women who are pregnant, diabetic, using birth control pills, or taking antibiotics. Vaginal infections are common, and an estimated 75% of all adult women have at least one vaginal yeast infection in their lifetimes.

Vaginal yeast infections are uncomfortable and may cause itching, burning, and soreness. When infected, the lining of the vagina becomes inflamed (a condition known as vaginitis) and the vaginal area reddens. An increase in vaginal secretions is also common during yeast infections, and some women have a thick, white discharge.

What is *Candida*?

Most yeast infections are caused by a type of fungus called *Candida*. It is normal for the *Candida* yeast to live in the human body.

How does DIFLUCAN work against a yeast infection?

DIFLUCAN is an antifungal agent that works by interfering with the yeast's normal growth process. Because of this action, DIFLUCAN effectively cures most vaginal yeast infections due to *Candida*.

Who should NOT take DIFLUCAN?

DIFLUCAN should not be taken by anyone known to be allergic to fluconazole, the active ingredient, or to any of the inactive ingredients listed at the end of this Summary. Also, you should tell your doctor or other healthcare professional if you are allergic to any other medicines.

How should I take DIFLUCAN and what should I expect?

DIFLUCAN for vaginal yeast infections is a 150-mg tablet that is taken by mouth. Most patients can expect to see the beginning of symptom relief within 24 hours of taking the tablet. As DIFLUCAN works to cure the infection over a period of days, symptoms will gradually lessen and eventually disappear.

DIFLUCAN can be taken anytime—day or night, with or without meals. You should take it as soon as possible, **by mouth**, to ensure the earliest relief. If the symptoms have not started to go away within 3 to 5 days, you should contact your doctor or other healthcare professional.

Possible side effects

In US clinical studies of 448 patients taking a single dose of DIFLUCAN for vaginal yeast infections, the most common side effects reported were headache (13%), nausea (7%), and stomach pain (6%). Other side effects reported were diarrhea (3%), indigestion (1%), dizziness (1%), and changes in the way food tastes (1%). Overall, 26% of patients taking DIFLUCAN reported side effects, compared with 16% of 422 patients using vaginal products. You may want to discuss with your doctor or other healthcare professional whether the convenience of a single oral dose outweighs the increased risk of side effects compared with other treatments that are applied directly in the vagina. You should also tell your doctor or other healthcare professional about any side effects you do experience.

Important warnings and precautions

Follow your doctor's directions about how to take DIFLUCAN, and be aware of the following points:

- If the symptoms of your vaginal yeast infection have not improved within 3 to 5 days, contact your doctor or other healthcare professional.
- DIFLUCAN has not been studied in pregnant women. If you are pregnant, your doctor should prescribe DIFLUCAN only if the benefit to you justifies the possible risk to the fetus.
- Because DIFLUCAN passes into human milk, you should not take DIFLUCAN while nursing.
- Be sure to tell your doctor and other healthcare professionals about *all* the medicines you are taking—prescription, nonprescription, and vitamins. They know about possible interactions between medicines and are best able to prevent them. DIFLUCAN may interact with certain birth control pills, cimetidine (Tagamet), hydrocholorothiazide, antacids, rifampin, warfarin (Coumadin), phenytoin (Dilantin), cyclosporine (Sandimmune), zidovudine (Retrovir or AZT), theophylline, terfenadine (Seldane), and oral antidiabetic medicines. If you are not sure whether you are taking any of these medicines, check with your doctor, pharmacist, or other healthcare professional.
- DIFLUCAN has been connected to rare cases of serious liver damage, including deaths, primarily in patients with serious underlying medical conditions.
- Rare cases of anaphylaxis (a severe allergic reaction) have been reported, as well as rare cases of a severe skin disorder.

Cancer and impairment of fertility

Like most prescription drugs, DIFLUCAN was required to be tested on animals before it was allowed for human use. Often these tests are designed to achieve higher drug levels than humans achieve at recommended dosing. In these tests, benign liver tumors were observed in some of the male animals and a complicated labor/delivery was observed in some female animals. Your healthcare professional can tell you more about how drugs are tested on animals and what the results of these tests mean about safety for you.

Pediatric use

One-dose DIFLUCAN treatment for vaginal yeast infections due to *Candida* has not been studied in children. When multiple-dose DIFLUCAN was used for the treatment of other infections in children up to the age of 17 years, the most commonly reported side effects were vomiting (5%), stomach pain (3%), nausea (2%), and diarrhea (2%).

Active ingredient: Each tablet contains 150 mg fluconazole.

Inactive ingredients: Microcrystalline cellulose, dibasic calcium phosphate anhydrous, povidone, croscarmellose sodium, FD&C Red No. 40 aluminum lake dye, and magnesium stearate.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

If you have any questions or want more information about DIFLUCAN for the treatment of vaginal yeast infections, talk to your doctor or other healthcare professional.

Pfizer U.S. Pharmaceuticals Group

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Drug Interactions

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no means unique. Countless other drug combinations are just as dangerous—some even more so. But these two prescriptions are a frightening benchmark.

If they can be filled together, it's probably safe to assume less notorious, but equally risky, mixes are dispensed much more freely, says Joe Graedon, a leading authority on the problem and coauthor of *The People's Guide to Deadly Drug Interactions* (St. Martin's Press, 1995).

"Pharmacists who fill Seldane and erythromycin together need to have their heads examined," says Graedon. "But if you had picked two less obvious examples, my suspicion is the results would have been a lot more scary."

Graedon claims that adequate safeguards don't exist. For instance, the quality of computer programs varies widely from pharmacy to pharmacy, he says. There's no standard system to alert druggists to a potentially fatal mistake.

The potential for deadly interactions grows exponentially. Each year, about 25 new drugs join the existing stock. This comes at a time when doctors are caught in the vise of managed care. Under pressure to see patients quickly, they may not thoroughly screen for interactions.

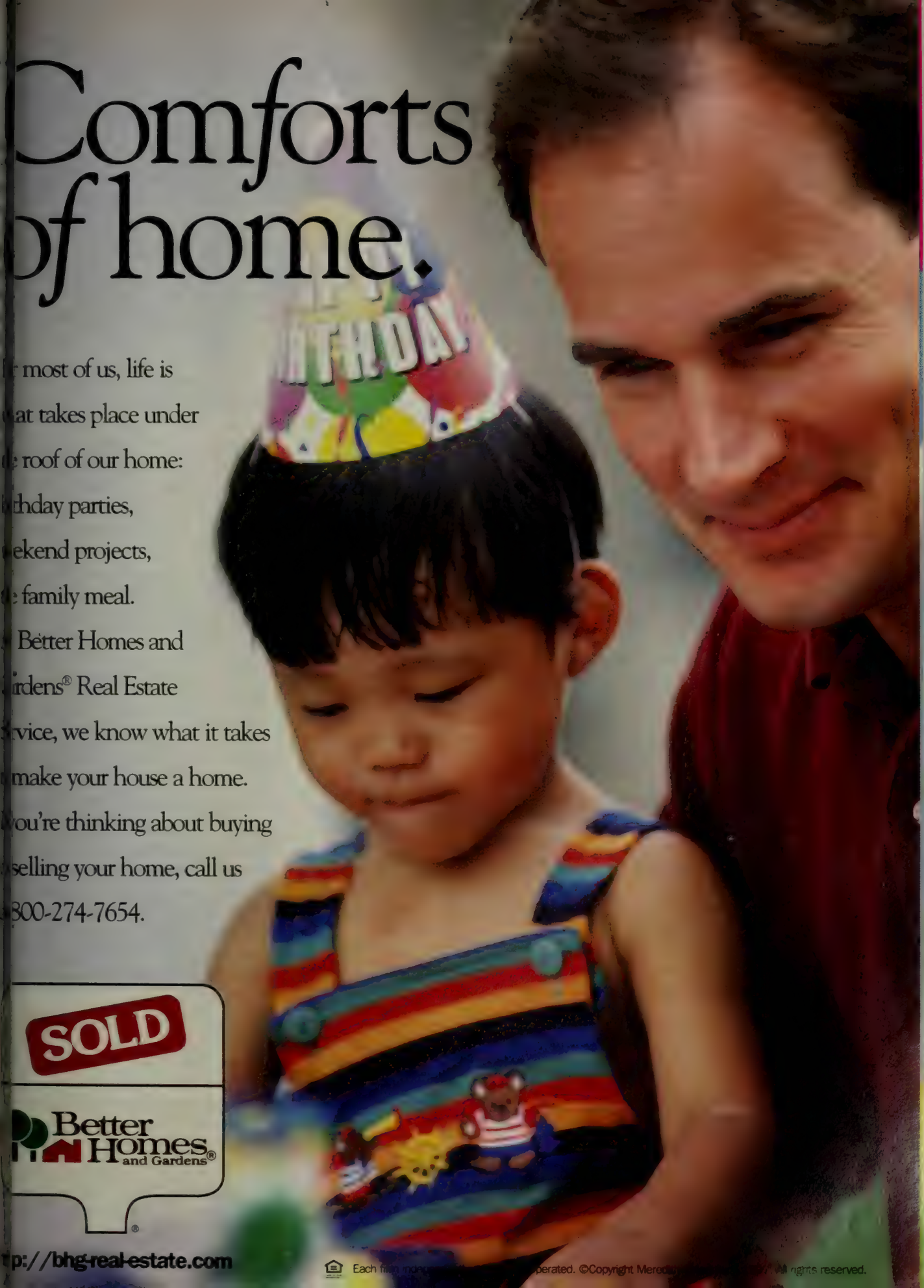
Pharmacists also are squeezed. "They're asked to fill more prescriptions for less money," Graedon says. "But pharmacists don't have the time or the resources to do the job as they need to."

It doesn't take a genius to figure out that a high-pressure environment increases the propensity for mistakes. I called the one pharmacist who dispensed my drugs so freely to see if she remembered me. She did.

Apologetically, she explained that I had caught her during an unusually hectic moment. "It was one of those nights. What can I tell you?"

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Comforts of home.



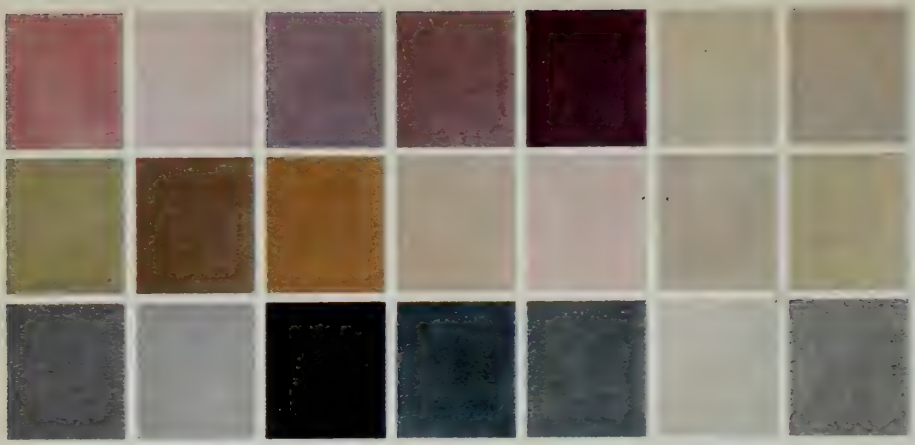
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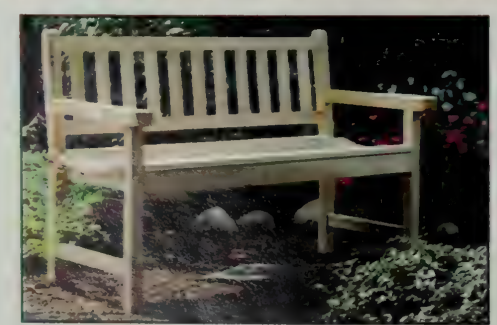
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Drug Interactions

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5 Ways to Protect Yourself

Avoiding dangerous drug interactions is largely up to you. That's because there's no reliable system to guard against swallowing a lethal combination of pills.

The best defense is to arm yourself with information. "Be aggressive consumers," urges David Flockhart, M.D., a clinical pharmacologist at Georgetown University.

Know exactly why you're taking each medication. Double-check the instructions and recommended dose. And read the following tips before filling your next prescription:

1. Remind your doctor of other drugs you're taking. This includes over-the-counter preparations and vitamins. Don't be lulled into complacency just because a product is sold without a prescription. Even aspirin can be dangerous when mixed with certain medications.

2. Make sure the prescription is legible. We hate to stereotype, but doctors have never been known for good penmanship. Make sure your prescriptions are easily read.

3. Choose a licensed pharmacist carefully and use the same one. Don't be fooled by the white coat. You may be speaking with a technician with no formal education in spotting deadly drug interactions. Insist on speaking to a licensed pharmacist who has time to spend with you, especially if you take multiple medications.

4. Educate yourself. Prescription labels and inserts contain potentially lifesaving information. Read them.

5. Report unusual symptoms. Any new complaint, such as headache, dizziness, or drowsiness, can be caused by medication. Never stop taking a drug, however, without your doctor's approval. ⌂

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New, once-a-day

Claritin® Syrup

(loratadine) 10 mg per 10 mL

Ask your child's doctor about a trial of this breakthrough antihistamine.

Clear relief that works all day. For children ages 6 years and older, one dose per day effectively relieves these seasonal allergy symptoms: itchy, watery eyes; runny nose; itchy palate; and sneezing.

Clear relief without drowsiness or hyperactivity. In studies, the incidence of drowsiness (2%) and hyperactivity (3%) was similar to that with placebo (sugar water) (4% and 1%, respectively) at the recommended dose. Drowsiness may occur if you take more than the recommended dose.

Clear relief that's pediatric safe—with a low occurrence of side effects. Side effects occurred about as often as they did with placebo (sugar water). Most common were nervousness, wheezing, fatigue, and hyperactivity.

Clear relief from the brand allergists prefer most.

Clear relief that's alcohol free and dye free with a great fruit flavor.

Nondrowsy antihistamines, such as CLARITIN® Syrup, are available by prescription only.

Always talk with your child's doctor about any medication your child may take. Also, ask him or her for important information concerning this product.

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Now, once-a-day

Claritin Syrup

loratadine) 10 mg per 10 mL

All-day clear relief... so kids can be kids



BRIEF SUMMARY (For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: CLARITIN is indicated for the relief of nasal and non-nasal symptoms of seasonal allergic rhinitis and for the treatment of chronic idiopathic urticaria in patients 6 years of age or older.

CONTRAINDICATIONS: CLARITIN is contraindicated in patients who are hypersensitive to this medication or to any of its ingredients.

PRECAUTIONS: General: Patients with liver impairment or renal insufficiency (GFR < 30 mL/min) should be given a lower initial dose (10 mg every other day). (See **CLINICAL PHARMACOLOGY: Special Populations**.)

Drug Interactions: Loratadine (10 mg once daily) has been coadministered with therapeutic doses of erythromycin, cimetidine, and ketoconazole in controlled clinical pharmacology studies in adult volunteers. Although increased plasma concentrations (AUC 0-24 hrs) of loratadine and/or descarboethoxyloratadine were observed following coadministration of loratadine with each of these drugs in normal volunteers (n = 24 in each study), there were no clinically relevant changes in the safety profile of loratadine, as assessed by electrocardiographic parameters, clinical laboratory tests, vital signs, and adverse events. There were no significant effects on QT_c intervals, and no reports of sedation or syncope. No effects on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentrations (AUC 0-24 hrs) of erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythromycin alone. The clinical relevance of this difference is unknown. These above findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine After 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboethoxyloratadine
Erythromycin (500 mg Q8h)	+ 40%	+46%
Cimetidine (300 mg QID)	+103%	+ 6%
Ketoconazole (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and loratadine.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In an 18-month carcinogenicity study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity studies, pharmacokinetic assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (descarboethoxyloratadine) times higher than in humans given the maximum recommended daily oral dose. Exposure of rats given 25 mg/kg of loratadine was 28 (loratadine) and 67 (descarboethoxyloratadine) times higher than in humans given the maximum recommended daily oral dose. Male mice given 40 mg/kg had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and males and females given 25 mg/kg. The clinical significance of these findings during long-term use of CLARITIN is not known.

In mutagenicity studies, there was no evidence of mutagenic potential in reverse (Ames) or forward point mutation (CHO-HGPRT) assays, or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA Assay) or in two assays for chromosomal aberrations (Human Peripheral Blood Lymphocyte Clastogenesis Assay and the Mouse Bone Marrow Erythrocyte Micronucleus Assay). In the Mouse Lymphoma Assay, a positive finding occurred in the nonactivated but not the activated phase of the study.

Decreased fertility in male rats, shown by lower female conception rates, occurred at an oral dose of 64 mg/kg (approximately 50 times the maximum recommended human daily oral dose on a mg/m^2 basis) and was reversible with cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the rat at an oral dose of approximately 24 mg/kg (approximately 20 times the maximum recommended human daily oral dose on a mg/m^2 basis).

Pregnancy Category B: There was no evidence of animal teratogenicity in studies performed in rats and rabbits at oral doses up to 96 mg/kg (approximately 75 times and 150 times, respectively, the maximum recommended human daily oral dose on a mg/m^2 basis). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, CLARITIN should be used during pregnancy only if clearly needed.

Nursing Mothers: Loratadine and its metabolite, descarboethoxyloratadine, pass easily into breast milk and achieve concentrations that are equivalent to plasma levels with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and 0.85 for loratadine and descarboethoxyloratadine, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and descarboethoxyloratadine was excreted into the breast milk (approximately 0.03% of 40 mg over 48 hours). A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when CLARITIN is administered to a nursing woman.

Pediatric Use: The safety of CLARITIN Syrup at a daily dose of 10 mg has been demonstrated in [illegible] pediatric patients 6-12 years of age in placebo-controlled 2-week trials. The effectiveness of CLARITIN for the treatment of seasonal allergic rhinitis and chronic idiopathic urticaria in this pediatric age group is based on an extrapolation of the demonstrated efficacy of CLARITIN in adults in these conditions and the likelihood that the disease course, pathophysiology, and the drug's effect are substantially similar to that of the adults. The recommended dose for the pediatric population is based on cross-study comparison of the pharmacokinetics of CLARITIN in adults and pediatric subjects and on the safety profile of loratadine in both adults and pediatric patients at doses equal to or higher than the recommended doses. The safety and effectiveness of CLARITIN in pediatric patients [illegible] years of age have not been established.

ADVERSE REACTIONS: CLARITIN Tablets: Approximately 90,000 patients, aged 12 and older, received CLARITIN Tablets 10 mg once daily in controlled and uncontrolled studies. Placebo-controlled clinical trials at the recommended dose of 10 mg once a day varied from [illegible] months' duration. The rate of premature withdrawal from these trials was approximately [illegible] treated and placebo groups.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE THAN 2% IN PLACEBO-CONTROLLED ALLERGIC RHINITIS CLINICAL TRIALS IN PATIENTS 12 YEARS OF AGE AND OLDER

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 1926	PLACEBO n = 2545	CELMASTINE 1 mg BID n = 536	TERFENADIN 60 mg BID n = 684
Headache	12	11	8	8
Somnolence	8	6	22	9
Fatigue	4	3	10	2
Dry Mouth	3	2	4	3

Adverse events reported in placebo-controlled chronic idiopathic urticaria trials were sim[illegible] those reported in allergic rhinitis studies.

Adverse event rates did not appear to differ significantly based on age, sex, or race, althou[illegible] number of non-white subjects was relatively small.

CLARITIN Syrup: Approximately 300 pediatric patients 6 to 12 years of age received [illegible] loratadine once daily in controlled clinical trials for a period of 8-15 days. Among these, 188 c[illegible] were treated with 10 mg loratadine syrup once daily in placebo-controlled trials. Adverse ev[illegible] these pediatric patients were observed to occur with type and frequency similar to those seen[illegible] adult population. The rate of premature discontinuance due to adverse events among pe[illegible] patients receiving loratadine 10 mg daily was less than 1%.

ADVERSE EVENTS OCCURRING WITH A FREQUENCY OF ≥ 2% IN LORATADINE SYRUP-TREATED PATIENTS (6-12 YEARS OLD) IN PLACEBO-CONTROLLED TRIALS, AND MORE FREQUENTLY THAN IN THE PLACEBO GROUP

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 188	PLACEBO n = 262	CHLORPHENIRAMIN 2-4 mg BID/TID n = 170
Nervousness	4	2	2
Wheezing	4	2	5
Fatigue	3	2	5
Hyperkinesia	3	1	1
Abdominal Pain	2	0	0
Conjunctivitis	2	<1	1
Dysphonia	2	<1	0
Malaise	2	0	1
Upper respiratory tract infection	2	<1	0

In addition to those adverse events reported above (≥ 2%), the following adverse events have[illegible] reported in at least one patient in CLARITIN clinical trials in adult and pediatric patients:

Autonomic Nervous System: Altered lacrimation, altered salivation, flushing, hypoesthesia, [illegible] tence, increased sweating, thirst.

Body As A Whole: Angioneurotic edema, asthenia, back pain, blurred vision, chest pain, ea[illegible] eye pain, fever, leg cramps, malaise, rigors, tinnitus, viral infection, weight gain.

Cardiovascular System: Hypertension, hypotension, palpitations, syncope, tachycardia.

Central and Peripheral Nervous System: Blepharospasm, dizziness, dysphonia, hyper[illegible] migraine, paresthesia, tremor, vertigo.

Gastrointestinal System: Altered taste, anorexia, constipation, diarrhea, dyspepsia, flatu[illegible] gastritis, hiccup, increased appetite, nausea, stomatitis, toothache, vomiting.

Musculoskeletal System: Arthralgia, myalgia.

Psychiatric: Agitation, amnesia, anxiety, confusion, decreased libido, depression, impairec[illegible] centration, insomnia, irritability, paroniria.

Reproductive System: Breast pain, dysmenorrhea, menorrhagia, vaginitis.

Respiratory System: Bronchitis, bronchospasm, coughing, dyspnea, epistaxis, hemop[illegible] laryngitis, nasal dryness, pharyngitis, sinusitis, sneezing.

Skin and Appendages: Dermatitis, dry hair, dry skin, photosensitivity reaction, pruritus, pu[illegible] rash, urticaria.

Urinary System: Altered micturition, urinary discoloration, urinary incontinence, urinary rete[illegible]

In addition, the following spontaneous adverse events have been reported rarely during the m[illegible] ing of loratadine: abnormal hepatic function, including jaundice, hepatitis, and hepatic nec[illegible] alopecia; anaphylaxis; breast enlargement; erythema multiforme; peripheral edema; seizures[illegible] supraventricular tachyarrhythmias.

OVERDOSAGE: In adults, somnolence, tachycardia, and headache have been reported with [illegible] doses greater than 10 mg with the Tablet formulation (40 to 180 mg). Extrapyramidal signs and [illegible] tations have been reported in children with overdoses of greater than 10 mg of CLARITIN Syr[illegible] the event of overdosage, general symptomatic and supportive measures should be insti[illegible] promptly and maintained for as long as necessary.

Treatment of overdosage would reasonably consist of emesis (ipecac syrup), except in pa[illegible] with impaired consciousness, followed by the administration of activated charcoal to absorl[illegible] remaining drug. If vomiting is unsuccessful, or contraindicated, gastric lavage should be perfo[illegible] with normal saline. Saline cathartics may also be of value for rapid dilution of bowel cont[illegible] Loratadine is not eliminated by hemodialysis. It is not known if loratadine is eliminated by perit[illegible] dialysis.

No deaths occurred at oral doses up to 5000 mg/kg in rats and mice (greater than 2400 and [illegible] times, respectively, the maximum recommended human daily oral dose on a mg/m^2 basis). S[illegible] oral doses of loratadine showed no effects in rats, mice, and monkeys at doses as high as 10 [illegible] the maximum recommended human daily oral dose on a mg/m^2 basis.

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#9 Soothing Bath Oil with Lavender
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A light floral scent with an exuberant burst of fruity and woodsy notes.
3.38 fl. oz. bottle
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#12 Désir de Nature Perfumed Body Lotion
Lightly scented body moisturizer for silky soft skin.
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INTRO PRICE
$3

#13 Foam Bath with Jasmine
Soothe away stress with exotic essences.
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reg. ~~$7.95~~
INTRO PRICE
$2

#14 2 in 1 Shower Gel and Moisturizing Body Lotion with Aloe
Cleanses, moisturizes and softens in one easy step.
8.4 fl. oz. bottle
reg. ~~$7.95~~
INTRO PRICE
$2

#15 Shower Gel with Freesia
Softens as it cleanses with pure, sophisticated essence of Freesia.
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reg. ~~$6.95~~
INTRO PRICE
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#16 Highlighting Shampoo with Camomile
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INTRO PRICE
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INTRO PRICE
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#18 Lavender Foot Cream
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reg. ~~$6.95~~
INTRO PRICE
$2

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INTRO PRICE
$2

#20 Aztek Shower Gel
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reg. ~~$9.95~~
INTRO PRICE
$3

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The Power of Strength Training

by Michele Meyer

No longer the domain of the grunting and glistening, strength training has become one of the most popular fitness activities in America. More than 39 million people are lifting weights—up 62 percent from eight years ago. And for good reason.

Strength training not only tones muscles, it reduces fat, speeds metabolism, increases endurance, improves posture, strengthens bones, and cuts your risk of injury. And you're never too old or too out of shape to benefit. Consider:

- Tufts University put a group of elderly nursing-home residents on a strength-training regimen. They all more than doubled their strength. Four people traded in their walkers for canes after 10 weeks.
- In another Tufts study, a group of postmenopausal women on a twice-weekly strength-training routine performed at levels comparable to women 15 to 20 years younger. They pumped up their muscle power 35 to 76 percent and, as a result, burned 442 more calories each week while at rest.
- A Brigham Young University study found that 30 women who did nine basic strength-training exercises three times a week for 12 weeks cut their daily fat intake to 30 percent of total calories. The control group of women that stretched instead of strengthening made no improvements, according to the *Journal of the American Dietetic Association*.



Christie Boesen, a *BH&G* reader and working mother of three, shows our five recommended exercises.

1. BENT ROW
Place right hand and knee on a bench so that your back is parallel to the floor. Grasp a dumbbell with your left hand and pull straight to your chest. Lower dumbbell. Repeat and switch sides. Keep hips level, back straight, and elbow close to your body. Works the opposing muscles: upper back, biceps, and rear shoulders.

For Lucy Salenger, 58, weight lifting means no longer asking her husband to open jars or heft luggage. "I carried all my own bags on our last trip," she says. The Chicago business consultant also has found she has more stamina. "I'm in much better shape and probably much healthier than I've ever been. I haven't even had a cold the last two to three years."

Fight the signs of aging. You can replace muscle lost to aging by strength training, says Wayne Westcott, strength consultant to the national YMCA. Each decade, the average American man loses about 7 pounds of muscle and the average woman about 5 pounds of muscle. Studies show that two to three months of strength training can replace 3 pounds of muscle.

By lifting weights, you also counter your body's natural metabolic decline of 2 to 5 percent each decade. That's why it is vital to weight loss, says James M. Rippe, M.D.,

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Note: *If you have time for only a few exercises and don't have any physical limitations, these are the five to do, says Wayne Westcott, strength consultant to the national YMCA. Start with a weight that's comfortable. Women often begin with 3- to 5-pound weights and men with 15- to 20-pound weights.*

When you lose weight to your bones get skinnier?



The Facts. Less fat in your diet usually means less milk, less cream, less cheese... less calcium. And, unless you're getting the calcium somewhere else, that can lead to bone loss. And while fat is easy to gain back, bone isn't.

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Strength Training

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author of *Fit Over Forty* (William Morrow, 1996). "It's the only thing you can do that will build your lean muscle tissue," he says. "Muscle burns 50 to 70 times more calories as compared to fat. Fat is the trunk of your car and lean muscle is the engine. The smaller your engine, the less fuel you burn."

Carol Miletti's body and attitude changed thanks to a strength-training regime. Carol, a Minneapolis employment agency manager, felt destined to gain weight in her late 40s, but decided on her 47th birthday not to give in.

A year later, she has lost 15 pounds and has seen her body fat drop 7 percent and her cholesterol slide 20 points. "I like the way my body looks, and I'm looking forward to turning 50," she says.

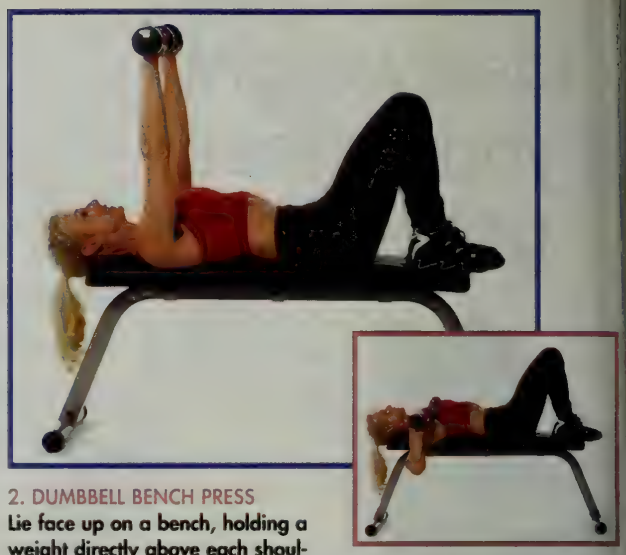
Tone up at home. Even if you don't want to exercise in public or spend the money to join a gym, you can build strength at home. A set of handheld dumbbells at 1, 2, 5, 8, and 10 pounds can cost as little as $50, says Dr. Rippe.

The principle behind weight training is to add resistance to your body's natural movements so muscles get stronger. Inexpensive bands, cables, and exercise balls—even soup cans, paperbacks, sand-filled socks, or water-filled jugs—can do the job. A pint is a pound, so a quart would be 2 pounds, a half-gallon 4, and a gallon 8.

As for traditional machines you'll find at the gym and handheld or free weights, each has advantages. Though machines often are tailored to a man's frame, they can better isolate the muscle you are working and don't need as much balance and coordination as free weights.

A little of either type goes a long way—in combination with cardiovascular exercise. A study by Westcott showed that the most efficient workout is a routine of 15 minutes of cardiovascular exercise combined with 15 minutes of strength training five times a week, along with low-fat eating. Women and men who did this routine lost 10 pounds of fat and gained 2 pounds of muscle in eight weeks.

Another group that did 20 minutes each of strength training and cardiovascular exercise without dieting lost 9½ pounds and gained 3½ pounds of muscle. A third group that dieted and performed 30 minutes of cardiovascular exercise—and no strength training—lost only 4 pounds and gained no muscle.



2. DUMBBELL BENCH PRESS
Lie face up on a bench, holding a weight directly above each shoulder. Slowly lift upward and return. Repeat. Avoid locking elbows and don't rotate wrists. Works chest, triceps, and front shoulders.

In another study, Westcott found that if you want to lift weights, two times a week is sufficient. "We found 89 percent as much value for those training twice a week as three times a week in terms of body composition, strength, blood pressure, and weight loss," Westcott says. The same research shows that you can get as good results if you do only one set of weight-lifting exercises of 10 repetitions each versus two or three sets. The average person in Westcott's study added 2½ pounds of muscle and reduced 4.6 pounds of fat in two months with only one set. That's about a half-pound change a week.

If you still don't have time for both aerobics and weight lifting, consider combining the two. With circuit-style strength training, you move quickly from one exercise to another so you maintain a high heart rate. Be sure to switch muscle groups as you go so you don't need to rest between exercises.



3. DUMBBELL SQUAT
Stand with feet slightly wider than shoulder-width. With weights in each hand by your hips, slowly lower your body until thighs are about parallel to the floor—never further. Return to standing. Keep back and head erect and feet flat on floor, and don't lock your knees. Works front and rear thighs (quadriceps and hamstrings) and butt muscles (gluteals).

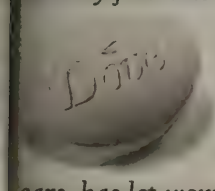
Getting started. Before you start a weight-lifting program, you'll need to decide whether you want to tone or build strength. To tone, choose lower weights and lift them

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Strength Training

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more times, about 12 to 15 repetitions, says Letha Griffin, M.D., Ph.D., an orthopedic surgeon at Peachtree Orthopaedic Clinic and team physician at Georgia State University in Atlanta.

For strength, lift heftier weights fewer times. "This will work your muscles to exhaustion in order for them to recoup fibers," says Dr. Griffin. Don't expect bulky muscles.

Certain safety tips apply for all strength training, say experts. If you're over 30, consult your doctor before starting. Always wear shoes with good support and traction, and keep your training area tidy so you don't trip.

Also, seek guidance from a certified personal trainer or how-to books, such as Westcott's *Building Strength and Stamina* (Human Kinetics, 1996). For a list of recommended trainers in your area, call the American Council on Exercise at 800/529-8227. Here are some other tips to remember:

- Begin each session with a warm-up of more than five minutes walking, followed by five minutes of stretching. End with another five to 10 minutes of stretches.
- Start with small weights you can easily control, perhaps 2- to 10-pound dumbbells. You should be able to do 12 repetitions before becoming too tired to lift them with proper form. You also can begin by simply flexing your arm, then raising it and lowering it to your side about a dozen times a day, says Bill Haskell, Ph.D., a Stanford University professor of medicine.
- Imbalance leads to injury, so always exercise each of the body's major muscle groups: front of the thigh, rear thigh, lower back, abdominal, chest, upper back, shoulders, and front and back of the upper arms. Also, don't neglect opposing muscles. That means if you work the front arm (bicep), work your back arm (tricep). If you work the front thighs, work the back thighs, and if you work your chest, work your back.
- Move from bigger muscles to smaller muscles, so you won't be exhausted as you face the hardest moves. Start with your legs, chest, and upper back, and then move to your shoulders, arms, and abdominals.
- Don't work the same muscles two days in a row. Body parts need a day off to recover since muscles are strengthened by being torn down and then repaired.



4. SHOULDER PRESS
Stand with feet about shoulder-width apart. Lift dumbbells to shoulders. Press the left one overhead and lower slowly to shoulder. Repeat, alternating sides. Keep back straight and movements steady. Works shoulders and triceps.

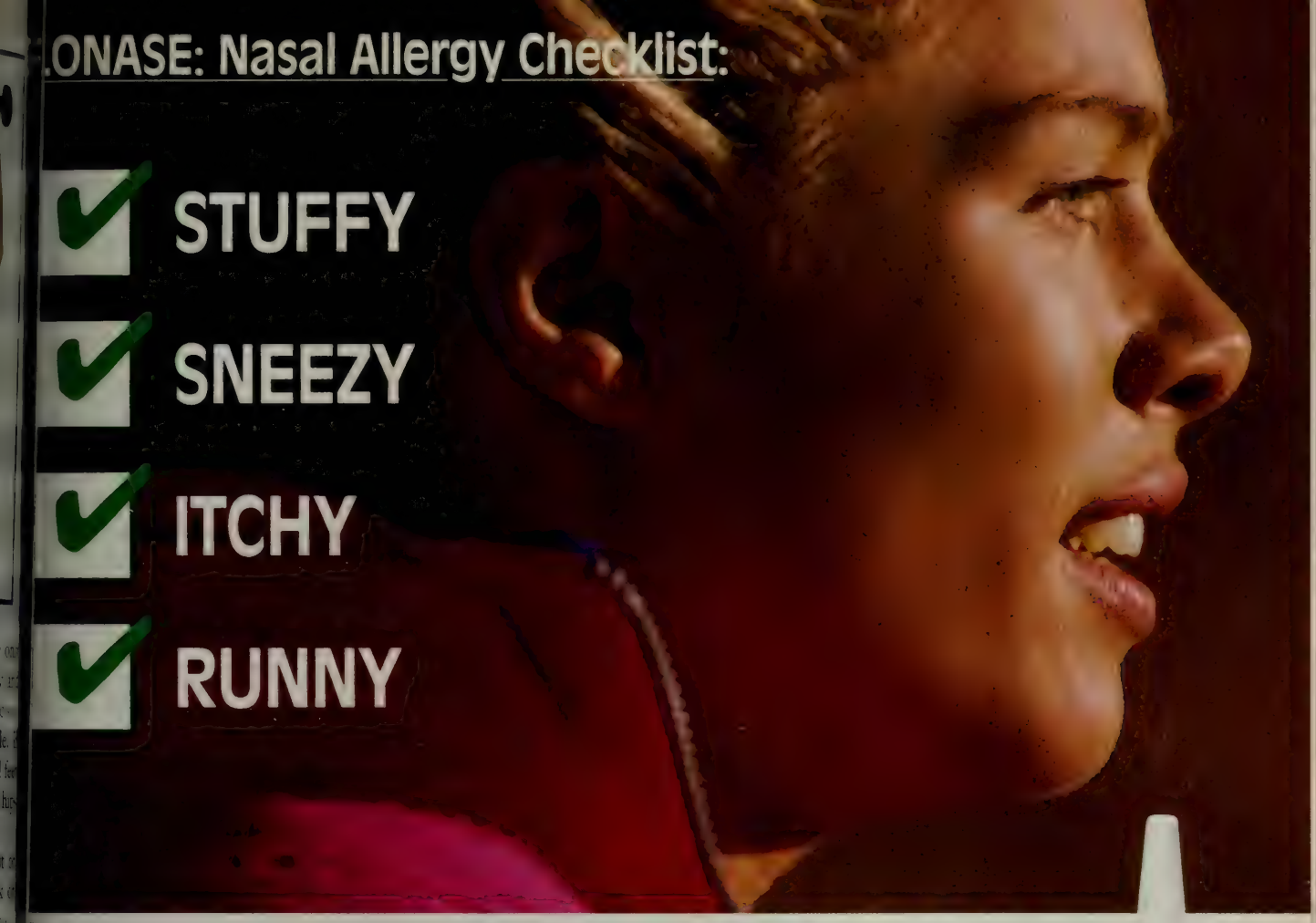
- Pay attention to posture and form. Try to move only the body part targeted as you hold in your tummy and avoid arching your back. If you're doing arm exercises, keep your elbow and upper arm fixed at your side. If you're lying on your back, keep your knees bent and feet flat on the floor to avoid back strain. Never lift your hips off the bench.
- If you have any physical limits, let an orthopedist or physical therapist tailor your program. If your back or shoulders bother you, don't raise weights above your shoulders. Bench presses also may not be advisable. If you have knee problems, avoid doing squats and lunges, says Dr. Griffin.
- Strong muscles are less likely to get injured, but if you hurt, stop. Ice the throbbing muscle, elevate it, and take a few days to rest it.
- Go slowly. Count two to four seconds as you lift and another two to four as you lower, so your muscles do all the work instead of momentum. Exhale as you lift and inhale as you lower. Taking time to do the exercise correctly not only avoids injuries, but also produces better results.

5. TRUNK CURL
(This exercise uses no weights.) Lie on a mat with your knees bent. Pull in your stomach, imagining your belly button glued to your spine. As you slowly curl your head and shoulders off the mat, exhale. Inhale as you lower. Don't strain your neck or raise hips. Works the dreaded belly.



Remember, says Philip Walker, a Dallas exercise physiologist: "It's not the equipment that produces results. It's a person's attitude."

So get set to sweat—and go for it.



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BRIEF SUMMARY

For Intranasal Use Only.

SHAKE GENTLY BEFORE USE.

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic glucocorticoid with a topical glucocorticoid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic glucocorticoids and transferred to topical glucocorticoids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic glucocorticoid treatment, too rapid a decrease in systemic glucocorticoids may cause a severe exacerbation of their symptoms.

The use of FLONASE Nasal Spray with alternate-day systemic prednisone could increase the likelihood of hypothalamic-pituitary-adrenal (HPA) suppression compared with a therapeutic dose of either one alone. Therefore, FLONASE Nasal Spray should be used with caution in patients already receiving alternate-day prednisone treatment for any disease. In addition, the concomitant use of FLONASE Nasal Spray with other inhaled glucocorticoids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the intranasal administration of fluticasone propionate. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of glucocorticoids.

Use of excessive doses of glucocorticoids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or suppression of growth in children or teenagers. Knemometry studies in asthmatic children on orally inhaled glucocorticoids showed inhibitory effects on short-term growth rate. The relationship between short-term changes in lower leg growth and long-term effects on growth is unclear at this time. Physicians should closely follow the growth of adolescents taking glucocorticoids, by any route, and weigh the benefits of glucocorticoid therapy against the possibility of growth suppression if an adolescent's growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at larger doses, systemic glucocorticoid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral glucocorticoid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infections; untreated fungal, bacterial, or systemic viral infections; or ocular herpes simplex.

Because of the inhibitory effect of glucocorticoids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal glucocorticoid until healing has occurred.

Information for Patients: Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the patient's instructions accompanying the product.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1.0 mg/kg (3 mg/m² as calculated on a surface area basis) for 78 weeks in the mouse or inhalation of up to 57 mcg/kg (336 mcg/m²) for 104 weeks in the rat.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

FLONASE® (fluticasone propionate) Nasal Spray, 0.05%

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (295 mcg/m²) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: Teratogenic Effects: Pregnancy Category C: Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (135 and 590 mcg/m², respectively, as calculated on a surface area basis), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (48 mcg/m²).

However, following oral administration of up to 300 mcg/kg (3.6 mg/m²) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Less than 0.008% of the dose crosses the placenta following oral administration to rats (100 mcg/kg, 590 mcg/m²) or rabbits (300 mcg/kg, 3.6 mg/m²).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of tritiated drug to lactating rats (10 mcg/kg, 59 mcg/m²) resulted in measurable radioactivity in both plasma and milk. Because other glucocorticoids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of FLONASE Nasal Spray in children below 12 years of age have not been established. Oral glucocorticoids have been shown to cause growth suppression in children and teenagers with extended use. If a child or teenager on any glucocorticoid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of glucocorticoids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n=132) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, 2,427 patients received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle and active comparators.

Systemic glucocorticoid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive or if in conjunction with systemically administered glucocorticoids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months.

Incidence Greater than 1% (Causal Relationship Possible):
Respiratory: Epistaxis, nasal burning (incidence 3% to 6%); blood in nasal mucus, pharyngitis, nasal irritation (incidence 1% to 3%).
Neurological: Headache (incidence 1% to 3%).

Incidence Less than 1% (Causal Relationship Possible): ***Respiratory:*** Sneezing, runny nose, nasal dryness, sinusitis, nasal congestion, bronchitis, nasal ulcer, nasal septum excoriation.
Neurological: Dizziness
Special Senses: Eye disorder, unpleasant taste.
Digestive: Nausea and vomiting, xerostomia.
Skin and Appendages: Urticaria.

Postmarketing Experience: In addition to the events from clinical trials, the following have been reported during postmarketing experience.

Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation.

OVERDOSAGE: There are no data available on the effects of acute or chronic overdosage with FLONASE Nasal Spray. Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate. Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS).

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Get Calcium Fortified

Calcium is vital for building and maintaining strong and healthy bones. That's why milk is heavily promoted for women and children. But what if milk is not an option? There are other sources of calcium, such as leafy greens and tofu, but the best source of dietary calcium for those who can't—or don't—use dairy products may just be calcium-fortified juice.

Research at Creighton University showed that fruit juices with added calcium are comparable substitutes for milk in the diet. In controlled studies, volunteers absorbed about the same amount of calcium from fortified juices as from milk. Not all juices are equal, and individuals absorbed varying levels of calcium. In spite of this, the Creighton research—and similar research at other institutions—indicates that when it comes to calcium, fortified juice works as well as moo juice for supplying this important mineral.

Other research has turned up more reasons for getting sufficient calcium in your diet. Studies on persons with slightly elevated blood cholesterol levels show that increasing their calcium intake helped lower their cholesterol levels. And preliminary research conducted on a small sample of subjects indicates that calcium from calcium-fortified orange juice could help reduce the risk of kidney stone formation. Whether from milk or juice, calcium is best absorbed when taken with food. No matter how you get your calcium, aim for 1,000 to 1,500 mg of it every day. For comparison, an 8-ounce glass of calcium-fortified juice contains about 267 mg of calcium, and an 8-ounce glass of milk has about 297 mg. ♦

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Call 800/275-6334. A copy of the information is also mailed or faxed to you.

Cigars—A Killer Trend

Cigars may be hip today, but they're just as dangerous as cigarettes. And since there's no warning from the Surgeon General stamped on stogies (Congress didn't explicitly include them in the 1984 law requiring health warnings on cigarettes), the American Cancer Society has compiled a few facts to help snuff out some of the mystique swirling around them.

- Concentrations of tar and nicotine are much higher in cigars than cigarettes.
- Exposure to secondhand cigar smoke carries the same risks as exposure to secondhand cigarette smoke.
- Cigar smokers are more likely than nonsmokers to suffer from persistent coughs and phlegm and also face an increased risk of peptic ulcers.
- Cigar smokers have four to 10 times the risk of dying from laryngeal, oral, and esophageal cancers as nonsmokers.

Toothpaste and Kids: A Little Dab Will Do

Piling toothpaste on young children's toothbrushes may interest them in brushing, but it could harm their teeth's appearance.

After examining more than 900 middle school children, David Pendrys, D.D.S., Ph.D., at the University of Connecticut, found that kids who brushed with more than the recommended amount of toothpaste had a higher risk of enamel fluorosis (snowflaking of tooth enamel). Fluorosis happens when young children are exposed to too much fluoride while teeth are still forming.

"Preschoolers, by and large, tend to swallow whatever you put in their mouths, so if you cover the



whole brush, they're going to swallow that much toothpaste," Dr. Pendrys says. "The fluoride (in the toothpaste) is absorbed, so they're eating more than they should."

Kids under six should brush with a pea-sized amount of toothpaste. Those over six can use any amount because they won't swallow it.

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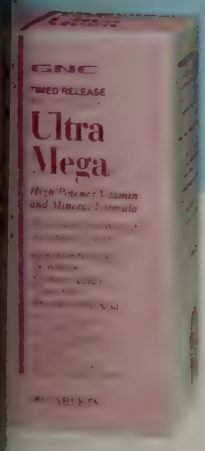
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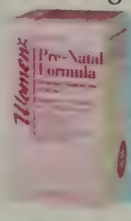
Adequate Folic Acid in healthful diets may reduce the risk of having a child with a brain or spinal cord birth defect.



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Complete nutritional support supplying 37 vitamins, minerals, herbs and other dietary ingredients in a timed release tablet.

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A nutritionist designed formula especially made for pregnant women. It's fortified with Folic Acid, Iron, Protector Antioxidants and Vitamins.

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Health Update

continued from page 94



Healthier Food Landing at Airports

Eating nutritious food while flying used to mean a piece of fruit and a salad wrapped in plastic, but things are looking up—both in the air and on the ground.

In its second annual survey, the Physicians Committee for Responsible Medicine (PCRM) says United Airlines serves the healthiest food in flight, offering low-fat and vegetarian selections that are also cholesterol-free. Continental Airlines arrived in second place, followed by TWA, American Airlines, and USAir. PCRM is a nonprofit group of 4,000 doctors and 65,000 laypeople working to increase public awareness of a healthier lifestyle.

On the ground, the winner is Los Angeles International Airport, where travelers can get cucumber rolls and cheese-free gourmet pizza. "You really can find a good array of healthy foods in some of the major airports," says Andrew Nicholson, M.D., PCRM's director of preventive medicine.

Here are the group's picks of major airports offering travelers healthy low-fat and vegetarian choices within the main terminal:

Top 10 Airports Serving the Healthiest Food

1. Los Angeles
2. Vancouver
3. Detroit
4. Minneapolis-St. Paul
5. Seattle-Tacoma
6. Pittsburgh
7. Dallas-Forth Worth
8. Phoenix
9. Chicago
10. Salt Lake City

Hysterectomies and Pap Smears

Women who've had a hysterectomy for reasons other than cancer may not need regular Pap smears, a new study suggests.

The Louisiana State University Medical Center study, published in the *New England Journal of Medicine*, examined vaginal smears from women treated at a New Orleans hospital. Of 9,610 Pap smears taken of 5,682 women who had hysterectomies for benign gynecologic disease, only 104 showed any abnormalities and none were cancerous.

Pap smears check for cancer of the cervix. Women with hysterectomies have their cervix and uterus removed. Vaginal cancer is rare among these women and often can be detected visually.

"This does not mean women no longer have to see their gynecologists," says Thomas E. Nolan, M.D., senior author of the study and an obstetrics and gynecology professor at LSU. "Women still need gynecological examinations to check for vulvar abnormalities and ovarian cancer."

The American College of Obstetricians and Gynecologists still endorses annual Pap smears for all women who are over 18 or sexually active, whichever comes first. But the college says after three consecutive satisfactory annual exams, pap smears can be done less frequently in low-risk women.

continued on page 100

Confidential Help for Impotence

Impotence affects millions of men each year, yet most don't seek any medical help. Besides feeling embarrassed, they often wrongly assume there's an emotional reason for the problem. Some women even start to blame themselves.

But more than 70 percent of men with impotence have it because of a physical problem, according to the American Academy of Family Physicians. Diabetes, hypertension, vascular diseases, alcohol, prescription and nonprescription drugs, and cigarettes all may cause impotence.

The condition is highly treatable today with procedures and devices such as vacuum therapy, injection therapy, and implants.

The nonprofit Geddings Osbon, Sr., Foundation in Augusta, Georgia, offers confidential information about the causes and treatments of impotence. It also has developed a 25-page pamphlet, "Male Impotence—A Woman's Perspective." This step-by-step guide addresses the sexual, psychological, and medical issues women must confront. For a free copy, call 800/433-4215 or visit the foundation's Web site at www.impotence.org.

"SPORANOX®
(itraconazole) Capsules
KICKED MY TOENAIL FUNGUS!"

–D.W., Kansas

ASK YOUR DOCTOR FOR SPORANOX.

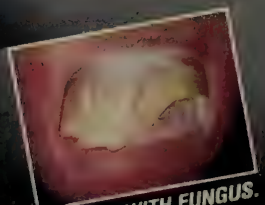
SPORANOX has been proven successful in kicking nail fungus.

- Take SPORANOX treatment orally for just 3 months, and you may see a visible difference
- Soon after you stop taking SPORANOX, you may notice that the new nail growing in appears normal. Since nails need time to grow, you should expect it to be several months before healthy, new nails grow in
- So now you can join others who gave thick, yellowing, brittle nails the boot, and start growing fresh, new nails!

IF YOU THINK YOU HAVE TOENAIL FUNGUS, ASK YOUR DOCTOR OR OTHER HEALTHCARE PROFESSIONAL, OR CALL

1-800-595-NAILS ext. 260
AND GET YOUR FREE SPORANOX "KICK-IT KIT."

What you should know about the safety of SPORANOX: SPORANOX has been well tolerated in patients. In clinical trials involving patients with thick, hard, yellowish, and/or brittle nails (onychomycosis), the following adverse effects led to either a temporary or a permanent discontinuation of treatment: elevated liver enzymes (4%), gastrointestinal disorders (4%), and rash (3%). WARNING: SPORANOX must not be taken with terfenadine (Seldane®), astemizole (Hismanal®), cisapride (Propulsid®), or oral triazolam (Halcion®). In rare instances, there were reports of elevated liver enzymes and hepatitis. If you feel unusually tired or sick to your stomach, have flulike symptoms, or notice that your skin is yellowish, or if you have dark urine or pale stools, stop taking SPORANOX and notify your doctor immediately. If you're pregnant or considering pregnancy, you should not take SPORANOX. Take SPORANOX only as directed by your doctor, and report any adverse effects to your doctor as soon as possible.



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Titusville, NJ 08560-0200

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(itraconazole) Capsules
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Please see important precautionary information on adjacent page.

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100 mg

sporanox®

(itraconazole capsules)

Before prescribing, please consult complete prescribing information of which the following is a brief summary.

WARNING: Coadministration of terfenadine with itraconazole is contraindicated. Serious cardiovascular adverse events, including death, ventricular tachycardia, and torsades de pointes have occurred in patients taking itraconazole concomitantly with terfenadine. This is due to elevated terfenadine concentrations caused by itraconazole. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS sections.

Another oral azole antifungal, ketoconazole, inhibits the metabolism of astemizole, resulting in elevated plasma concentrations of astemizole and its active metabolite desmethylastemizole, which may prolong QT intervals. Based on results of an *in vitro* study and the chemical resemblance of itraconazole and ketoconazole, coadministration of astemizole and itraconazole is contraindicated. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS sections.

Coadministration of cisapride with itraconazole is contraindicated. Serious cardiovascular adverse events including death, ventricular tachycardia, and torsades de pointes have occurred in patients taking itraconazole concomitantly with cisapride. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS sections.

INDICATIONS AND USAGE

SPORANOX (itraconazole capsules) is indicated for the treatment of the following fungal infections in immunocompromised and non-immunocompromised patients:

1. Blastomycosis, pulmonary and extrapulmonary;
2. Histoplasmosis, including chronic cavitary pulmonary disease and disseminated, non-meningeal histoplasmosis;
3. Aspergillosis, pulmonary and extrapulmonary, in patients who are intolerant of or who are refractory to amphotericin B therapy; and
4. Onychomycosis due to dermatophytes (tinea unguium) of the toenail with or without fingernail involvement.

CONTRAINDICATIONS

Coadministration of terfenadine, astemizole or cisapride with SPORANOX (itraconazole capsules) is contraindicated. (See BOX WARNING, WARNINGS, and PRECAUTIONS sections.)

Concomitant administration of SPORANOX with oral triazolam or with oral midazolam is contraindicated. (See PRECAUTIONS section.)

SPORANOX should not be administered for the treatment of onychomycosis to pregnant patients or to women contemplating pregnancy.

SPORANOX is contraindicated in patients who have shown hypersensitivity to the drug or its excipients. There is no information regarding cross hypersensitivity between itraconazole and other azole antifungal agents. Caution should be used in prescribing SPORANOX to patients with hypersensitivity to other azoles.

WARNINGS

In U.S. clinical trials prior to marketing, there have been three cases of reversible idiosyncratic hepatitis reported among more than 2500 patients taking SPORANOX (itraconazole capsules). One patient outside the U.S. developed fulminant hepatitis and died during SPORANOX administration. Since this patient was on multiple medications, the causal association with SPORANOX is uncertain. If clinical signs and symptoms consistent with liver disease develop that may be attributable to itraconazole, SPORANOX should be discontinued.

Prior to U.S. marketing, there have been three cases of life-threatening cardiac dysrhythmias and one death reported in patients receiving terfenadine and itraconazole. (See BOX WARNING, CONTRAINDICATIONS, and PRECAUTIONS sections.)

Coadministration of astemizole with SPORANOX is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and PRECAUTIONS sections.)

Concomitant administration of oral ketoconazole with cisapride has resulted in markedly elevated cisapride plasma concentrations, prolonged QT intervals, and has rarely been associated with ventricular arrhythmias and torsades de pointes. Due to potent *in vitro* inhibition of the hepatic enzyme system mainly responsible for the metabolism of cisapride (cytochrome P450 3A4), itraconazole is also expected to markedly raise cisapride plasma concentrations; therefore, concomitant use of cisapride with SPORANOX is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and PRECAUTIONS sections.)

PRECAUTIONS

General: Hepatic enzyme test values should be monitored in patients with preexisting hepatic function abnormalities. Hepatic enzyme test values should be monitored periodically in all patients receiving continuous treatment for more than one month or at any time a patient develops signs or symptoms suggestive of liver dysfunction.

SPORANOX (itraconazole capsules) should be administered after a full meal.

Under fasted conditions, itraconazole absorption was decreased in the presence of decreased gastric acidity. The absorption of itraconazole may be decreased with the concomitant administration of antacids or gastric acid secretion suppressors. Studies conducted under fasted conditions demonstrated that administration with 8 ounces of a cola beverage resulted in increased absorption of itraconazole in AIDS patients with relative or absolute achlorhydria. This increase relative to the effects of a full meal is unknown.

Information for patients: Patients should be instructed to take SPORANOX with a full meal.

Patients should be instructed to report any signs and symptoms that may suggest liver dysfunction so that the appropriate laboratory testing can be done. Such signs and symptoms may include unusual fatigue, anorexia, nausea and/or vomiting, jaundice, dark urine or pale stool.

Drug interactions: Both itraconazole and its major metabolite, hydroxyitraconazole, are inhibitors of the cytochrome P450 3A4 enzyme system. Coadministration of SPORANOX and drugs primarily metabolized by the cytochrome P450 3A4 enzyme system may result in increased plasma concentrations of the drugs that could increase or prolong both therapeutic and adverse effects. Therefore, unless otherwise specified, appropriate dosage adjustments may be necessary.

Coadministration of terfenadine with SPORANOX has led to elevated plasma concentrations of terfenadine, resulting in rare instances of life-threatening cardiac dysrhythmias and one death. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS sections.)

Another oral azole antifungal, ketoconazole, inhibits the metabolism of astemizole, resulting in elevated plasma concentrations of astemizole and its active metabolite desmethylastemizole which may prolong QT intervals. *In vitro* data suggest that itraconazole, when compared to ketoconazole, has a less pronounced effect on the biotransformation system responsible for the metabolism of astemizole. Based on the chemical resemblance of itraconazole and ketoconazole, coadministration of astemizole with itraconazole is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS sections.)

Human pharmacokinetics data indicate that oral ketoconazole potently inhibits the metabolism of cisapride resulting in an eight-fold increase in the mean AUC of cisapride. Data suggest that coadministration of oral ketoconazole and cisapride can result in prolongation of the QT interval on the ECG. *In vitro* data suggest that itraconazole also markedly inhibits the biotransformation system mainly responsible for the metabolism of cisapride; therefore concomitant administration of SPORANOX with cisapride is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS sections.)

Coadministration of SPORANOX with oral midazolam or triazolam has resulted in elevated plasma concentrations of the latter two drugs. This may potentiate and prolong hypnotic and sedative effects. These agents should not be used in patients treated with SPORANOX. If midazolam is administered parenterally, special precaution is required since the sedative effect may be prolonged. (See CONTRAINDICATIONS section.)

Coadministration of SPORANOX and cyclosporine, tacrolimus or digoxin has led to increased plasma concentrations of the latter three drugs. Cyclosporine, tacrolimus and digoxin concentrations should be monitored at the initiation of SPORANOX therapy and frequently thereafter, and the dose of these three drug products adjusted appropriately.

There have been rare reports of rhabdomyolysis involving renal transplant patients receiving the combination of SPORANOX, cyclosporine, and the HMG-CoA reductase inhibitors lovastatin or simvastatin. Rhabdomyolysis has been observed in patients receiving HMG-CoA reductase inhibitors administered alone (at recommended dosages) or concomitantly with immunosuppressive drugs including cyclosporine.

When SPORANOX was coadministered with phenytoin, rifampin, or H_2 antagonists, reduced plasma concentrations of itraconazole were reported. The physician is advised to monitor the plasma concentrations of itraconazole when any of these drugs is taken concurrently, and to increase the dose of SPORANOX if necessary. Although no studies have been conducted, concomitant administration of SPORANOX and phenytoin may alter the metabolism of phenytoin; therefore, plasma concentrations of phenytoin should also be monitored when it is given concurrently with SPORANOX.

It has been reported that SPORANOX enhances the anticoagulant effect of coumarin-like drugs. Therefore, prothrombin time should be carefully monitored in patients receiving SPORANOX and coumarin-like drugs simultaneously.

Plasma concentrations of azole antifungal agents are reduced when given concurrently with isoniazid. Itraconazole plasma concentrations should be monitored when SPORANOX and isoniazid are coadministered.

Severe hypoglycemia has been reported in patients concomitantly receiving azole antifungal agents and oral hypoglycemic agents. Blood glucose concentrations should be carefully monitored when SPORANOX and oral hypoglycemic agents are coadministered.

Tinnitus and decreased hearing have been reported in patients concomitantly receiving SPORANOX and quinidine. Edema has been reported in patients concomitantly receiving SPORANOX and dihydropyridine calcium channel blockers. Appropriate dosage adjustments may be necessary.

The results from a study in which eight HIV-infected individuals were treated with zidovudine, 8 ± 0.4 mg/kg/day, showed that the pharmacokinetics of zidovudine were not affected during concomitant administration of SPORANOX, 100 mg b.i.d.

Carcinogenesis, Mutagenesis and Impairment of Fertility: Itraconazole showed no evidence of carcinogenic potential in mice treated orally for 23 months at dosage levels up to 80 mg/kg/day [approximately 10x the maximum recommended human dose (MRHD)]. Male rats treated with 25 mg/kg/day (3.1x MRHD) had a slightly increased incidence of soft tissue sarcoma. These sarcomas may have been a consequence of hypercholesterolemia, which is a response of rats, but not dogs or humans, to chronic itraconazole administration. Female rats treated with 50 mg/kg/day (6.25x MRHD) had an increased incidence of squamous cell carcinoma of the lung (2/50) as compared to the untreated. Although the occurrence of squamous cell carcinoma in the lung is extremely uncommon in untreated rats, the increase in this study is statistically significant.

Itraconazole produced no mutagenic effects when assayed in appropriate bacterial, non-mammalian and mammalian test systems.

Itraconazole did not affect the fertility of male or female rats treated orally with dosage levels of up to 40 mg/kg/day (5x MRHD) even parental toxicity was present at this dosage level. More severe signs of parental toxicity, including death, were present in the next higher level, 160 mg/kg/day (20x MRHD).

Pregnancy: Teratogenic Effects. Pregnancy Category C: Itraconazole was found to cause a dose-related increase in maternal embryotoxicity and teratogenicity in rats at dosage levels of approximately 40-160 mg/kg/day (5-20x MRHD) and in mice at dosages approximately 80 mg/kg/day (10x MRHD). In rats, the teratogenicity consisted of major skeletal defects; in mice it consisted of encep and/or macroglossia.

There are no studies in pregnant women. SPORANOX should be used for the treatment of systemic fungal infections in pregnancy or benefit outweighs the potential risk. SPORANOX should not be administered for the treatment of onychomycosis to pregnant patie women contemplating pregnancy. SPORANOX should not be administered to women of child-bearing potential for the treat onychomycosis unless they are taking effective measures to prevent pregnancy and the patient begins therapy on the second or third d next normal menstrual period. Effective contraception should be continued throughout SPORANOX therapy and for 2 months fo treatment.

Nursing Mothers: Itraconazole is excreted in human milk; therefore, SPORANOX should not be administered to nursing women.

Pediatric Use: The efficacy and safety of SPORANOX have not been established in pediatric patients. No pharmacokinetic data are ava children. A small number of patients age 3 to 16 years have been treated with 100 mg/day of itraconazole for systemic fungal infection serious unexpected adverse effects have been reported.

In three toxicology studies using rats, itraconazole induced bone defects at dosage levels as low as 20 mg/kg/day (2.5x MRHD). The defects included reduced bone plate activity, thinning of the zona compacta of the large bones and increased bone fragility. At a dosage le mg/kg/day (10x MRHD) over one year or 160 mg/kg/day (20x MRHD) for six months, itraconazole induced small tooth pulp with hypo appearance in some rats.

While no such bone toxicity has been reported in adult patients, the long term effect of itraconazole in pediatric patients is unknown.

HIV-infected Patients: Because hypochlorhydria has been reported in HIV-infected individuals, the absorption of itraconazole in these patie be decreased.

The results from a study in which eight HIV-infected individuals were treated with zidovudine, 8 ± 0.4 mg/kg/day, showed t pharmacokinetics of zidovudine were not affected during concomitant administration of SPORANOX, 100 mg b.i.d.

ADVERSE REACTIONS

In U.S. clinical trials prior to marketing, there have been three cases of reversible idiosyncratic hepatitis reported among more than 2500 p One patient outside the U.S. developed fulminant hepatitis and died during SPORANOX (itraconazole capsules) administration. Becau patient was on multiple medications, the causal association with SPORANOX is uncertain. (See WARNINGS section.)

ONYCHOMYCOSIS:

Adverse events in the following table led to either temporary or permanent discontinuation of treatment:

Body System/Adverse Event	Incidence (%) (n=112)
Elevated Liver Enzymes (>2x normal range)	4%
Gastrointestinal Disorders	4%
Rash	3%
Hypertension	2%
Orthostatic Hypotension	1%
Headache	1%
Malaise	1%
Myalgia	1%
Vasculitis	1%
Vertigo	1%

SYSTEMIC FUNGAL INFECTIONS:

Adverse experience data in the following table are derived from 602 patients treated for systemic fungal disease in U.S. clinical trials, wh immunocompromised or receiving multiple concomitant medications. Of these patients, treatment was discontinued in 10.5% of patients adverse events. The median duration before discontinuation of therapy was 81 days, with a range of 2-776 days. The table lists adverse reported by at least 1% of patients.

Body System/Adverse Event (Incidence ≥ 1%)	Incidence (%)
Gastrointestinal Disorders	
Nausea	10.6
Vomiting	5.1
Diarrhea	3.3
Abdominal Pain	1.5
Anorexia	1.2
Body as a Whole	
Edema	3.5
Fatigue	2.8
Fever	2.5
Malaise	1.2
Skin and Appendages	
Rash	8.6*
Pruritus	2.5
Central and Peripheral Nervous System	
Headache	3.8
Dizziness	1.7
Psychiatric Disorders	
Libido decreased	1.2
Somnolence	1.2
Cardiovascular Disorders	
Hypertension	3.2
Metabolic and Nutritional Disorders	
Hypokalemia	2.0
Urinary System Disorders	
Albuminuria	1.2
Liver and Biliary System Disorders	
Hepatic function abnormal	2.7
Reproductive Disorders, Male	
Impotence	1.2

*Rash tends to occur more frequently in immunocompromised patients receiving immunosuppressive medications.

Adverse events infrequently reported in all studies included: constipation, gastritis, depression, insomnia, tinnitus, menstrual disorder, adr insufficiency, gynecomastia and male breast pain.

In worldwide postmarketing experience with SPORANOX, allergic reactions including rash, pruritus, urticaria, angioedema and in rare instan anaphylaxis and Stevens-Johnson syndrome, have been reported. Marketing experiences have also included reports of elevated liver enzymes rare hepatitis. Although the causal association with SPORANOX is uncertain, rare hypertriglyceridemia and isolated cases of neuropathy also been reported.

OVERDOSAGE

Itraconazole is not removed by dialysis. In the event of accidental overdosage, supportive measures, including gastric lavage with sod bicarbonate, should be employed.

No significant lethality was observed when itraconazole was administered orally to mice and rats at dosage levels of 320 mg/kg or to dog 200 mg/kg.

Rev. April 1995, September 1995

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Health Update

continued from page 96

Calling All Cancer Survivors

Living with cancer is a battle no one should have to fight alone. To combat the isolation many people feel after being diagnosed, the National Coalition for Cancer Survivorship offers a toll-free number to get information about treatment, employment, and insurance issues, as well as emotional support.

There are an estimated 10 million people living with cancer in the United States. In 1971, only 39 percent of people diagnosed with cancer were expected to live. Today, the survival rate is 52 percent.

All calls are confidential and requested information will be mailed at no charge. Call 888/937-6227. (The 888 prefix is a new toll-free designation.)

Nails May Signal Illness

A change in your fingernails or toenails is a small thing that can have big health implications.

Damaged or deformed nails may indicate an infection or disease, such as heart, lung, or kidney disease, says Philip Fleckman, M.D., a dermatologist at the University of Washington. For example, "clubbing" of nails, in which the tips of fingers swell and the nail elevates from the nail bed, may be a sign of lung disease. Changes in shape, color, or excessive ridging also can reflect health problems.

"Although newer treatments of nail fungal infection are fairly effective, you can't tell if a nail is infected just by looking at it," says Dr. Fleckman. If a nail starts to interfere with your daily life, he suggests asking your doctor to take a look.

Words of Wisdom

If you're about to get your wisdom teeth removed, have plenty of nonsteroidal anti-inflammatory drugs (NSAIDS), such as ibuprofen, on hand. Research has shown that NSAIDS reduce swelling and can help you heal faster. Some oral surgeons instruct their patients to take the drugs prior to surgery so their bodies can better prepare to handle the swelling.

Wisdom teeth are third molars, a set of four permanent teeth that come in behind your upper and lower 12-year molars. They generally break through the gum between ages 17 and 21. The teeth are leftover from a prehistoric age when our jaws were longer.

Childhood Asthma

Several research studies now suggest a possible link between high sugar and fat intake and an increased risk of asthma in children who already have allergies. In an Australian study of more than 200 children with allergies, nearly half showed asthmatic symptoms when they exercised. These children had diets approximately one-fourth higher in sugar and fat than the other half of the group.

Although the children with breathing problems consumed more calories on the average than the other children, they were not heavier compared to that group. Several other studies suggest that asthma may be linked to food intake or food allergies.

Asthma is the leading serious chronic illness in children. In the past 20 years, the number of cases of childhood asthma has nearly doubled. In the same time period, deaths from asthma have more than doubled for the under-18 age group. Environmental factors or immune system complications secondary to disease usually receive the most attention as one of the likely causes of this increase. However, if the diet link proves valid, relief may be as simple for parents as providing a balanced diet of plenty of fruits, vegetables, and grains along with lean meats and other protein sources.

It should be stressed that these findings are preliminary and that more investigation is needed.

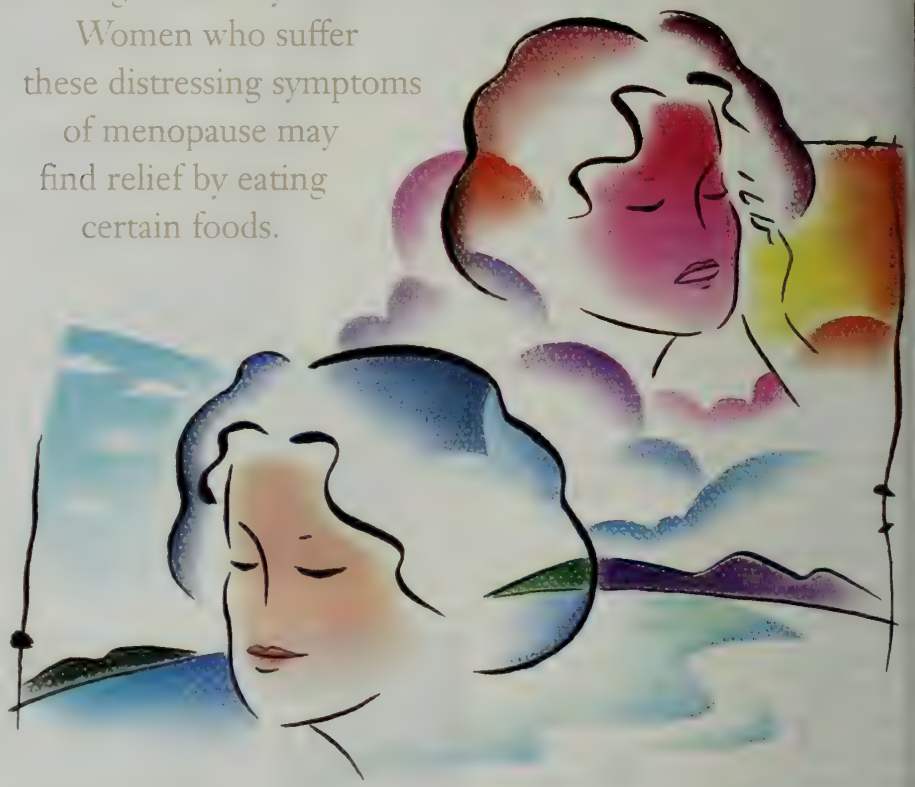
For more information, contact the American Lung Association at 1/800-LUNG-USA. They have a variety of materials available, and can also provide information on child/family programs and volunteer programs at the school level.





Managing Menopause with Diet

The face flushes. Perspiration drips. Waves of heat pulse through the body. It's a hot flash. Women who suffer these distressing symptoms of menopause may find relief by eating certain foods.



The menace of menopause may never be "cured," but reducing the distressing symptoms of this inevitable change of life may be possible with the help of certain foods. And products made from soybeans top the list.

Studies show menopausal women who add soy foods to their diets may experience up to a 40 percent reduction in hot flashes. Those soybean products include tofu, soy milk, soy flour, and dry soybeans. They also include meat substitutes made from textured soy protein (TSP), such as imitation burgers, bacon, and hot dogs. Not all studies confirm remarkable results, but some research suggests as little as 10 ounces of soy milk or 2 ounces of tofu daily might be all a woman needs to diminish hot flashes.

The link between food and flash was first suspected when Australian researchers noted the dramatic difference in the incidence of hot flashes across cultures. Those scientists noticed that only 14 percent to 18 percent of the women studied in China and Japan ever experience a hot flash, while up to 80 percent of women studied in the United States and Europe suffer the phenomenon. The study also found that women living in Japan and China add soy to their diets daily and excrete up to 1,000 times more phytoestrogens in their urine than their American and European counterparts.

Phytoestrogens are estrogenlike compounds found in certain plants. These plant estrogens, which are especially plentiful in soybeans, act much like the female hormone, supplementing the effects of human estrogen when levels are low.

Hot flashes occur when a woman's estrogen level surges and declines, as her ovaries—the manufacturing center for estrogen—begin to shut down. The hot flash is the external sign of internal swells in estrogen levels.

Plant estrogens, such as those found in soybeans, are believed to offset the drop in a woman's natural estrogen and prevent the dramatic surging that causes hot flashes.

Food and mood. As hormones fluctuate, so does brain chemistry, including a powerful nerve chemical called serotonin. Including a carbohydrate-rich snack, such as a cinnamon bagel with jam or a bowl of fat-free popcorn, could be all it takes to boost serotonin levels and mood. Women who struggle with mild depression during or after menopause might have lower serotonin levels than other women. When serotonin levels are low, a woman is more likely to crave sweets and feel grumpy, while a rise in serotonin turns off the cravings and restores a more agreeable mood.

Boning up on calcium. In addition to mood changes, women face some important health issues during and after menopause. These include an escalating risk for osteoporosis. Women who have consumed ample calcium throughout life enter menopause with strong bones and are less likely to develop osteoporosis. Unfortunately,

continued on page 104

by Elizabeth Somer, M.A., R.D.

Looking for new ways to eat what you like?

go!



New

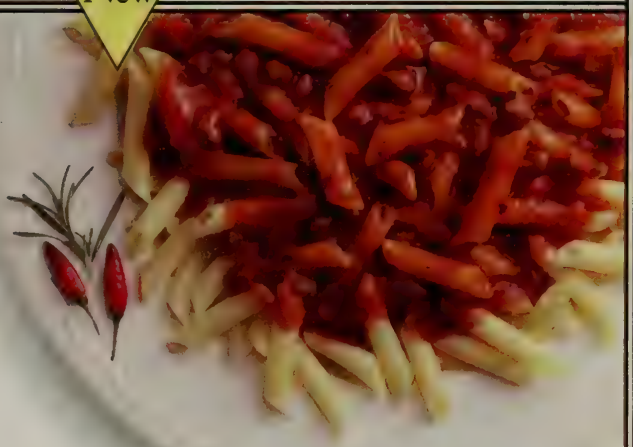
Grilled Peppercorn Steak
6g fat



New

Grilled Pork with Apple BBQ Glaze
4g fat

New



Penne Pasta with Italian Sausage
5g fat

New



Herb Baked Fish
7g fat

New



Grilled Chicken Sonoma
2.5g fat



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Menopause and Diet

continued from page 102

most women don't get enough calcium during their lifetime. In fact one out of every two postmenopausal women consumes less than half the recommended daily calcium allotment of 1,200 mg to 1,500 mg needed to prevent age-related bone loss and osteoporosis. That amount of calcium can be obtained by combining a number of calcium-rich products. Dairy products, including milk and cheese, have the heftiest amounts of calcium. An 8-ounce glass of low-fat milk has about 300 mg of calcium, one ounce of Swiss cheese contains about 275 mg, and a cup of plain low-fat yogurt contains nearly 415 mg. Soy products also are full of calcium: half a cup of firm tofu has 258 mg.

"Women's calcium needs are greater than we previously thought and may be as much as four to five times higher than they are getting from their diets," says Robert P. Heaney, M.D., a calcium expert and professor at Creighton University in Omaha.

Research shows that a high calcium intake protects against age-related bone loss and prevents fractures. "The effect is most strongly associated with calcium," Heaney says. He believes milk is the best dietary source of calcium and should be included in the diet. Milk also is one of the most reliable dietary sources of vitamin D, a nutrient essential for transporting calcium into the bones.

Protecting your heart. The risk for heart disease also escalates quickly as estrogen levels drop, catapulting heart disease to the number one cause of death after menopause. But, women needn't take this prophecy lying down. Heart disease risk can be significantly reduced with hormone replacement therapy and/or diet and exercise.

Adopting a low-fat, high-fiber diet based on a wide variety of fresh fruits and vegetables, whole grain breads and cereals, legumes (including soybeans), and nonfat dairy products can reduce blood fat levels and reduce the risk of heart disease.



Sample Some Soy Foods

Soybean products might cool off those menopausal hot flashes. Soy foods also are loaded with calcium which can battle the bone loss associated with osteoporosis after menopause. Experiment on your own or try some of these suggestions.

- Make a soy milk breakfast smoothie by blending soy milk with a little orange juice concentrate and a sliced banana.
- Use low-fat soy milk in place of regular milk. Pour it on cereal, drink it flavored or unflavored, or use it in cooking.
- Try a little tofu. Because it takes on the flavor of anything it is cooked with, it can be added to soups, stews, and casseroles. Crumble it into spaghetti sauce. Add it to a can of soup. Toss it in a salad.
- Venture into the world of texturized soy protein (TSP). Check in the frozen food section of your neighborhood supermarket for these soy-based meat substitutes like burgers and sausages.
- Nibble on crunchy toasted soybean snacks found in many supermarkets. Check the labels first for sodium and sugar contents.
- Substitute soy flour for up to half of the flour in most of your favorite baked goods. Soy flour hastens browning, so you might want to cut back on the baking time by about 5 minutes.

Should women supplement? Most health professionals advise women to turn to food first to fulfill their nutritional needs. However, most women aren't heeding that advice. Approximately one-half of middle-aged women do not consume even two-thirds of the recommended amounts for many vitamins, including the B vitamins, folic acid, vitamin C, vitamin D, and many minerals, studies show. Marginal dietary intake of these nutrients is linked to many mental, emotional, and physical problems, including memory loss, mood swings, depression, irritability, osteoporosis, and other symptoms. Taking a moderate-dose multiple vitamin and mineral supplement that contains extra vitamin E, along with a second supplement of calcium and magnesium, may provide some additional nutritional insurance.

Help for hot flashes. Many women mistakenly believe that if they can weather the hot flashes associated with menopause, they're home free. While hot flashes may be annoying, they are one of the most clearly identifiable symptoms of menopause. The hot flash sounds the alarm for other silent health problems that escalate unnoticed after menopause, including osteoporosis, heart disease, and some types of cancer. The cure-all for hot flashes hasn't yet been discovered. But including more soy products in your daily diet and following a few simple recommendations may help alleviate some of the uncomfortable symptoms of menopause.

- Avoid coffee, chocolate, alcohol, and spicy foods, all of which alter blood flow and can increase the symptoms of hot flashes.
- Eat small meals and snacks throughout the day. Large meals may increase body temperature.
- Keep a glass of ice water by the bed to drink at the first sign of an approaching night sweat.

–Elizabeth Somer, M.A., R.D., is the author of Food & Mood *(1995) and* Nutrition For Women: The Complete Guide *(1993). She also is Editor in Chief of* Nutrition Alert, *a newsletter that summarizes the current nutrition research.*


/E'VE TRIPLED THE CLEANING SURFACES OF OUR BRISTLES.
DOES THAT MEAN
'OUR TEETH AND GUMS WILL BE THREE TIMES HEALTHIER?
No, it's not as simple
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"When you have asthma, two puffs twice a day is a whole lot better than puffing all day long!"



"SEREVENT helps keep my asthma symptoms under control."

EREVENT: Twice-a-day prevention of asthma symptoms.

SEREVENT is the only *long-acting*, inhaled bronchodilator. SEREVENT is designed to help prevent your hma symptoms before they start. When used just two puffs, twice a day – morning and evening – approximately 12 hours apart, SEREVENT helps keep air passages open so your breathing remains free and clear. Results compared to fast-acting bronchodilators:



- ***Less chance of waking up in the middle of the night, coughing or wheezing***
- ***Fewer symptoms with exercise***
- ***Fewer episodes of difficult breathing***

With SEREVENT as one part of your treatment program, you may be able to reduce the number of times you have to use your fast-acting bronchodilator and get on with your life with less fear that asthma symptoms might be sneaking up on you.

EREVENT: What you need to know.



•SEREVENT is not a substitute for fast-acting bronchodilators to treat sudden asthma symptoms and should never be taken more than twice a day. SEREVENT is a preventive medication that takes longer to be effective. So when sudden asthma symptoms occur, you will still need your fast-acting bronchodilator prescribed by your doctor.

•SEREVENT also is not a substitute for medication that controls inflammation in your lungs (inhaled or oral corticosteroids). SEREVENT can be a valuable preventive medication, but it is intended to be just one part of your treatment program.

•Do not stop or change the dosage of your other asthma medications without talking to your doctor. Even if you feel better, any change in dosage or medication could result in your condition worsening. ***Of course, if your condition worsens, contact your doctor immediately.***

s SEREVENT right for you? Only your doctor can decide.



SEREVENT is available by prescription only and is indicated for patients 12 and older.

The most common side effects of SEREVENT are: headache (10%), tremor (3%), and cough (3%). Of course, no medication works unless you are committed to stick with it. So see your doctor about SEREVENT. It can help you control your asthma instead of letting your asthma control you.

For more information and a $5 REBATE certificate, call 1-800-599-1177, ext. 211

SereVent
(salmeterol xinafoate)
Inhalation Aerosol



lease see important information n the following pages.

GlaxoWellcome

BRIEF SUMMARY

Serevent®

(salmeterol xinafoate)
Inhalation Aerosol

Bronchodilator Aerosol
For Oral Inhalation Only

The following is a brief summary only. Before prescribing, see complete prescribing information in Serevent® Inhalation Aerosol product labeling.

CONTRAINDICATIONS: Serevent® Inhalation Aerosol is contraindicated in patients with a history of hypersensitivity to any of the components.

WARNINGS:

IMPORTANT INFORMATION: SEREVENT® INHALATION AEROSOL SHOULD NOT BE INITIATED IN PATIENTS WITH SIGNIFICANTLY WORSENING OR ACUTELY DETERIORATING ASTHMA, WHICH MAY BE A LIFE-THREATENING CONDITION. Serious acute respiratory events, including fatalities, have been reported, both in the US and worldwide, when Serevent Inhalation Aerosol has been initiated in this situation.

Although it is not possible from these reports to determine whether Serevent Inhalation Aerosol contributed to these adverse events or simply failed to relieve the deteriorating asthma, the use of Serevent Inhalation Aerosol in this setting is inappropriate.

SEREVENT INHALATION AEROSOL SHOULD NOT BE USED TO TREAT ACUTE SYMPTOMS. It is crucial to inform patients of this and prescribe a short-acting, inhaled beta$_2$-agonist for this purpose as well as warn them that increasing inhaled beta$_2$-agonist use is a signal of deteriorating asthma.

SEREVENT INHALATION AEROSOL IS NOT A SUBSTITUTE FOR INHALED OR ORAL CORTICOSTEROIDS. Corticosteroids should not be stopped or reduced when Serevent Inhalation Aerosol is initiated.

(See PRECAUTIONS: Information for Patients and PATIENT'S INSTRUCTIONS FOR USE leaflet.)

1. Do Not Introduce Serevent Inhalation Aerosol as a Treatment for Acutely Deteriorating Asthma: Serevent Inhalation Aerosol is intended for the maintenance treatment of asthma (see INDICATIONS and USAGE section of full prescribing information) and should not be introduced in acutely deteriorating asthma, which is a potentially life-threatening condition. There are no data demonstrating that Serevent Inhalation Aerosol provides greater efficacy than or additional efficacy to short-acting, inhaled beta$_2$-agonists in patients with worsening asthma. Serious acute respiratory events, including fatalities, have been reported, both in the US and worldwide, in patients receiving Serevent Inhalation Aerosol. In most cases, these have occurred in patients with severe asthma (e.g., patients with a history of corticosteroid dependence, low pulmonary function, intubation, mechanical ventilation, frequent hospitalizations, or previous life-threatening acute asthma exacerbations) and/or in some patients in whom asthma has been acutely deteriorating (e.g., unresponsive to usual medications, increasing need for inhaled, short-acting beta$_2$-agonists, increasing need for systemic corticosteroids, significant increase in symptoms, recent emergency room visits, sudden or progressive deterioration in pulmonary function). However, they have occurred in a few patients with less severe asthma as well. It was not possible from these reports to determine whether Serevent Inhalation Aerosol contributed to these events or simply failed to relieve the deteriorating asthma.

2. Do Not Use Serevent Inhalation Aerosol to Treat Acute Symptoms: A short-acting, inhaled beta$_2$-agonist, not Serevent Inhalation Aerosol, should be used to relieve acute asthma symptoms. When prescribing Serevent Inhalation Aerosol, the physician must also provide the patient with a short-acting, inhaled beta$_2$-agonist (e.g., albuterol) for treatment of symptoms that occur acutely, despite regular twice daily (morning and evening) use of Serevent Inhalation Aerosol.

When beginning treatment with Serevent Inhalation Aerosol, patients who have been taking short-acting, inhaled beta$_2$-agonists on a regular basis (e.g., q.i.d.) should be instructed to discontinue the regular use of these drugs and use them only for symptomatic relief if they develop acute asthma symptoms while taking Serevent Inhalation Aerosol (see PRECAUTIONS: Information for Patients).

3. Watch for Increasing Use of Short-Acting, Inhaled Beta$_2$-Agonists, Which Is a Marker of Deteriorating Asthma: Asthma may deteriorate acutely over a period of hours or chronically over several days or longer. If the patient's short-acting, inhaled beta$_2$-agonist becomes less effective or the patient needs more inhalations than usual, this may be a marker of destabilization of asthma. In this setting, the patient requires immediate re-evaluation with reassessment of the treatment regimen, giving special consideration to the possible need for corticosteroids. If the patient uses four or more inhalations per day of a short-acting, inhaled beta$_2$-agonist for 2 or more consecutive days, or if more than one canister (200 inhalations per canister) of short-acting, inhaled beta$_2$-agonist is used in an 8-week period in conjunction with Serevent Inhalation Aerosol, then the patient should consult the physician for re-evaluation. **Increasing the daily dosage of Serevent Inhalation Aerosol in this situation is not appropriate. Serevent Inhalation Aerosol should not be used more frequently than twice daily (morning and evening) at the recommended dose of two inhalations.**

4. Do Not Use Serevent Inhalation Aerosol as a Substitute for Oral or Inhaled Corticosteroids: There are no data demonstrating that Serevent Inhalation Aerosol has a clinical anti-inflammatory effect and could be expected to take the place of, or reduce the dose of, corticosteroids. Patients who already require oral or inhaled corticosteroids for treatment of asthma should be continued on this type of treatment even if they feel better as a result of initiating Serevent Inhalation Aerosol. Any change in corticosteroid dosage should be made ONLY after clinical evaluation (see PRECAUTIONS: Information for Patients).

5. Do Not Exceed Recommended Dosage: As with other inhaled beta$_2$-adrenergic drugs, Serevent Inhalation Aerosol should not be used more often or at higher doses than recommended. Fatalities have been reported in association with excessive use of inhaled sympathomimetic drugs. Large doses of inhaled or oral salmeterol (12 to 20 times the recommended dose) have been associated with clinically significant prolongation of QT_C interval, which has the potential for producing ventricular arrhythmias.

6. Paradoxical Bronchospasm: As with other inhaled asthma medications, paradoxical bronchospasm (which can be life threatening) has been reported following the use of Serevent® (salmeterol xinafoate) Inhalation Aerosol. If it occurs, treatment with Serevent Inhalation Aerosol should be discontinued immediately and alternative therapy instituted.

7. Immediate Hypersensitivity Reactions: Immediate hypersensitivity reactions may occur after administration of Serevent Inhalation Aerosol, as demonstrated by rare cases of urticaria, angioedema, rash, and bronchospasm.

8. Upper Airway Symptoms: Symptoms of laryngeal spasm, irritation, or swelling, such as stridor and choking, have been reported rarely in patients receiving Serevent Inhalation Aerosol.

PRECAUTIONS:

General: 1. Use with Spacer or Other Devices: The safety and effectiveness of Serevent Inhalation Aerosol when used with a spacer or other devices have not been adequately studied.

2. Cardiovascular and Other Effects: No effect on the cardiovascular system is usually seen after the administration of inhaled salmeterol in recommended doses, but the cardiovascular and central nervous system effects seen with all sympathomimetic drugs (e.g., increased blood pressure, heart rate, excitement) can occur after use of Serevent Inhalation Aerosol and may require discontinuation of the drug. Salmeterol, like all sympathomimetic amines, should be used with caution in patients with cardiovascular disorders, especially coronary insufficiency, cardiac arrhythmias, and hypertension; in patients with convulsive disorders or thyrotoxicosis; and in patients who are unusually responsive to sympathomimetic amines.

As has been described with other beta-adrenergic agonist bronchodilators, clinically significant changes in systolic and/or diastolic blood pressure, pulse rate, and electrocardiograms have been seen infrequently in individual patients in controlled clinical studies with salmeterol.

3. Metabolic Effects: Doses of the related beta$_2$-adrenoceptor agonist albuterol, when administered intravenously, have been reported to aggravate preexisting diabetes mellitus and ketoacidosis. No effects on glucose have been seen with Serevent Inhalation Aerosol at recommended doses. Administration of beta$_2$-adrenoceptor agonists may cause a decrease in serum potassium, possibly through intracellular shunting, which has the potential to increase the likelihood of arrhythmias. The decrease is usually transient, not requiring supplementation.

Clinically significant changes in blood glucose and/or serum potassium were seen rarely during clinical studies with long-term administration of Serevent Inhalation Aerosol at recommended doses.

Information for Patients: See illustrated Patient's Instructions for Use leaflet. **SHAKE WELL BEFORE USING.**

It is important that patients understand how to use Serevent Inhalation Aerosol appropriately and how it should be used in relation to other asthma medications they are taking. Patients should be given the following information:

1. Shake well before using.
2. The recommended dosage (two inhalations twice daily, morning and evening) should not be exceeded.
3. Serevent Inhalation Aerosol is not meant to relieve acute asthma symptoms and extra doses should not be used for that purpose. Acute symptoms should be treated with a short-acting, inhaled beta$_2$-agonist such as albuterol (the physician should provide the patient with such medication and instruct the patient in how it should be used).
4. The physician should be notified immediately if any of the following situations occur, which may be a sign of seriously worsening asthma.
   - Decreasing effectiveness of short-acting, inhaled beta$_2$-agonists
   - Need for more inhalations than usual of short-acting, inhaled beta$_2$-agonists
   - Use of four or more inhalations per day of a short-acting beta$_2$-agonist for 2 or more days consecutively
   - Use of more than one canister of a short-acting, inhaled beta$_2$-agonist in an 8-week period (i.e., canister with 200 inhalations)
5. Serevent Inhalation Aerosol should not be used as a substitute for oral or inhaled corticosteroids. The dosage of these medications should not be changed and they should not be stopped without consulting the physician, even if the patient feels better after initiating treatment with Serevent Inhalation Aerosol.
6. Patients should be cautioned regarding potential adverse cardiovascular effects, such as palpitations or chest pain, related to the use of additional beta$_2$-agonist.
7. In patients receiving Serevent Inhalation Aerosol, other inhaled medications should be used only as directed by the physician.
8. When using Serevent Inhalation Aerosol to prevent exercise-induced bronchospasm, patients should take the dose at least 30 to 60 minutes before exercise.

Drug Interactions: ***Short-Acting Beta-Agonists:*** In the two 3-month, repetitive-dose clinical trials (n=184), the mean daily need for additional beta$_2$-agonist use was 1 to 1½ inhalations per day, but some patients used more. Eight percent of patients used at least eight inhalations per day at least on one occasion. Six percent used 9 to 12 inhalations at least once. There were 15 patients (8%) who averaged over four inhalations per day. Four of these used an average of 8 to 11 inhalations per day. In these 15 patients there was no observed increase in frequency of cardiovascular adverse events. The safety of concomitant use of more than eight inhalations per day of short-acting beta$_2$-agonists with Serevent Inhalation Aerosol has not been established. In 15 patients who experienced worsening of asthma while receiving Serevent Inhalation Aerosol, nebulized albuterol (one dose in most) led to improvement in FEV_1 and no increase in occurrence of cardiovascular adverse events.

Monoamine Oxidase Inhibitors and Tricyclic Antidepressants: Salmeterol should be administered with extreme caution to patients being treated with monoamine oxidase inhibitors or tricyclic antidepressants because the action of salmeterol on the vascular system may be potentiated by these agents.

Corticosteroids and Cromoglycate: In clinical trials, inhaled corticosteroids and/or inhaled cromolyn sodium did not alter the safety profile of Serevent Inhalation Aerosol when administered concurrently.

Xanthines: The concurrent use of intravenously or orally administered xanthines (e.g., aminophylline, theophylline) by patients receiving Serevent® (salmeterol xinafoate) Inhalation Aerosol has not been completely evaluated. In one clinical trial, 87 patients receiving Serevent Inhalation Aerosol 42 mcg twice daily concurrently with a theophylline product had adverse event rates similar to those in patients receiving Serevent Inhalation Aerosol without theophylline. Resting pulse rates were slightly higher in the patients on theophylline but were little affected by Serevent Inhalation Aerosol therapy.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In an 18-month oral carcinogenicity study in CD mice, salmeterol xinafoate caused a dose-related increase in the incidence of smooth muscle hyperplasia, cystic glandular hyperplasia, and leiomyomas of the uterus and a dose-related increase in the incidence of cysts in the ovaries. A higher incidence of leiomyosarcomas was not statistically significant; tumor findings were observed at oral doses of 1.4 and 10 mg/kg, which gave 9 and 63 times, respectively, the human exposure based on plasma drug level:human AUC comparisons.

Salmeterol caused a dose-related increase in the incidence of mesovarian leiomyomas and ovarian cysts in Sprague Dawley rats in a 24-month inhalation/oral carcinogenicity study. Tumors were observed in rats receiving doses of 0.68 and 2.58 mg/kg per day (about 55 and 215 times the recommended clinical dose [mg/m²]). These findings in rodents are similar to those reported previously for other beta-adrenergic agonist drugs. The relevance of these findings to human use is unknown.

No significant effects occurred in mice at 0.2 mg/kg (1.3 times the recommended clinical dose based on comparisons of the AUCs) and in rats at 0.1 mg/kg (15 times the recommended clinical dose on a mg/m² basis).

Salmeterol xinafoate produced no detectable or reproducible increases in bacterial and mammalian gene mutation *in vitro*. No blastogenic activity occurred *in vitro* in human lymphocytes or *in vivo* in a rat micronucleus test. No effects on fertility were identified in male and female rats treated orally with salmeterol xinafoate at doses up to 2 mg/kg orally (about 160 times the recommended clinical dose on a mg/m² basis).

Pregnancy: *Teratogenic Effects: Pregnancy Category C:* No significant effects of maternal exposure to oral salmeterol xinafoate occurred in the rat at doses up to the equivalent of about 160 times the recommended clinical dose on a mg/m² basis. Dutch rabbit fetuses exposed to salmeterol xinafoate *in utero* exhibited effects characteristically resulting from beta-adrenoceptor stimulation; these included precocious eyelid openings, cleft palate, sternebral fusion, limb and digital flexures, and delayed ossification of the frontal cranial bones. No significant effects occurred at 0.6 mg/kg given orally (12 times the recommended clinical dose based on comparison of the AUCs).

New Zealand White rabbits were less sensitive since only delayed ossification of the frontal bones was seen at 10 mg/kg given orally (approximately 1,600 times the recommended clinical dose on a mg/m² basis). Extensive use of other beta-agonists has provided no evidence that these class effects in animals are relevant to the use in humans. There are no adequate and well-controlled studies with Serevent Inhalation Aerosol in pregnant women. Serevent Inhalation Aerosol should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Use in Labor and Delivery: There are no well-controlled human studies that have investigated effects of salmeterol on preterm labor or labor at term. Because of the potential for beta-agonist interference with uterine contractility, use of Serevent Inhalation Aerosol during labor should be restricted to those patients in whom the benefits clearly outweigh the risks.

Nursing Mothers: Plasma levels of salmeterol after inhaled therapeutic doses are very low (85 to 200 pg/mL) in humans. In lactating rats dosed with radiolabeled salmeterol, levels of radioactivity were similar in plasma and milk. In rats, concentrations of salmeterol in plasma and milk were similar. The xinafoate moiety also transferred to milk in rats at concentrations of about half the corresponding level in plasma. However, since there is no experience with use of Serevent Inhalation Aerosol by nursing mothers, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when salmeterol xinafoate is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of Serevent Inhalation Aerosol in children younger than 12 years of age have not been established.

Geriatric Use: Of the total number of patients who received Serevent Inhalation Aerosol in all clinical studies, 241 were 65 years and older. Geriatric patients (65 years and older) with reversible obstructive airway disease were evaluated in four placebo-controlled studies of 3 weeks' to 3 months' duration. Two placebo-controlled, crossover studies evaluated twice-daily dosing with salmeterol for 21 to 28 days in 74 patients. An additional 75 geriatric patients were treated with salmeterol for 3 months in two large parallel-group, multicenter studies. These 120 patients experienced increases in AM and PM peak expiratory flow rate and decreases in diurnal variation in peak expiratory flow rate similar to responses seen in the total populations of the two latter studies. The adverse event type and frequency in geriatric patients were not different from those of the total populations studied. No apparent differences in the efficacy and safety of Serevent Inhalation Aerosol were observed when geriatric patients were compared with younger patients in clinical trials. As with other $beta_2$-agonists, however, special caution should be observed when using Serevent Inhalation Aerosol in elderly patients who have concomitant cardiovascular disease that could be adversely affected by this class of drug. Based on available data, no adjustment of salmeterol dosage in geriatric patients is warranted.

ADVERSE REACTIONS: Adverse reactions to salmeterol are similar in nature to reactions to other selective $beta_2$-adrenoceptor agonists, i.e., tachycardia; palpitations; immediate hypersensitivity reactions, including urticaria, angioedema, rash, bronchospasm (see WARNINGS); headache; tremor; nervousness; and paradoxical bronchospasm (see WARNINGS).

Two multicenter, 12-week, controlled studies have evaluated twice-daily doses of Serevent® Inhalation Aerosol in patients 12 years of age and older with asthma. The following table reports the incidence of adverse events in these two studies.

Adverse Experience Incidence in Two Large 12-Week Clinical Trials*

Adverse Event Type	Percent of Patients		
	Placebo n=187	Serevent 42 mcg b.i.d. n=184	Albuterol 180 mcg q.i.d. n=185
Ear, nose, and throat			
Upper respiratory tract infection	13	14	16*
Nasopharyngitis	12	14	11
Disease of nasal cavity/sinus	4	6	1
Sinus headache	2	4	<1
Gastrointestinal			
Stomachache	0	4	0
Neurological			
Headache	23	28	27
Tremor	2	4	3
Respiratory			
Cough	6	7	3
Lower respiratory infection	2	4	2

* The only adverse experience classified as serious was one case of upper respiratory tract infection in a patient treated with albuterol.

The table above includes all events (whether considered drug related or nondrug related by the investigator) that occurred at a rate of over 3% in the Serevent® (salmeterol xinafoate) Inhalation Aerosol treatment group and were more common in the Serevent Inhalation Aerosol group than in the placebo group.

Pharyngitis, allergic rhinitis, dizziness/giddiness, and influenza occurred at 3% or more but were equally common on placebo. Other events occurring in the Serevent® Inhalation Aerosol treatment group at a frequency of 1% to 3% were as follows:

***Cardiovascular*:** Tachycardia, palpitations.

***Ear, Nose, and Throat*:** Rhinitis, laryngitis.

Gastrointestinal: Nausea, viral gastroenteritis, nausea and vomiting, diarrhea, abdominal pain.

***Hypersensitivity*:** Urticaria.

***Mouth and Teeth*:** Dental pain.

***Musculoskeletal*:** Pain in joint, back pain, muscle cramp/contraction, myalgia/myositis, muscular soreness.

***Neurological*:** Nervousness, malaise/fatigue.

***Respiratory*:** Tracheitis/bronchitis.

***Skin*:** Rash/skin eruption.

***Urogenital*:** Dysmenorrhea.

In small dose-response studies, tremor, nervousness, and palpitations appeared to be dose related.

Postmarketing Experience: In extensive US and worldwide postmarketing experience, serious exacerbations of asthma, including some that have been fatal, have been reported. In most cases, these have occurred in patients with severe asthma and/or in some patients in whom asthma has been acutely deteriorating (see WARNINGS no. 1), but they have occurred in a few patients with less severe asthma as well. It was not possible from these reports to determine whether Serevent Inhalation Aerosol contributed to these events or simply failed to relieve the deteriorating asthma.

Postmarketing experience includes rare reports of upper airway symptoms of laryngeal spasm, irritation, or swelling, such as stridor and choking. Hypertension and arrhythmias have been reported.

OVERDOSAGE: Overdosage with salmeterol may be expected to result in exaggeration of the pharmacologic adverse effects associated with beta-adrenoceptor agonists, including tachycardia and/or arrhythmia, tremor, headache, and muscle cramps. Overdosage with salmeterol can lead to clinically significant prolongation of the QT_C interval, which can produce ventricular arrhythmias. Other signs of overdosage may include hypokalemia and hyperglycemia.

In these cases, therapy with Serevent® Inhalation Aerosol and all beta-adrenergic-stimulant drugs should be stopped, supportive therapy provided, and judicious use of a beta-adrenergic blocking agent should be considered, bearing in mind the possibility that such agents can produce bronchospasm. Cardiac monitoring is recommended in cases of overdosage.

As with all sympathomimetic pressurized aerosol medications, cardiac arrest and even death may be associated with abuse of Serevent Inhalation Aerosol.

Rats and dogs survived the maximum practicable inhalation doses of salmeterol of 2.9 and 0.7 mg/kg, respectively. The maximum nonlethal oral doses in mice and rats were approximately 150 mg/kg and >1,000 mg/kg, respectively.

Dialysis is not appropriate treatment for overdosage of Serevent Inhalation Aerosol.

GlaxoWellcome

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S70 Sedan

Dashing through the snow

Volvo adds all-wheel drive to its formidable reputation for safety, and the result is a surefooted wagon that will carry you through even Arctic-like conditions snugly and safely.

Volvo brings two new cars to the U.S. this spring, just as warm temperatures melt away winter's ice and snow. That means the advantages of the Swedish carmaker's new all-wheel drive station wagon won't be as obvious as on wintry roads. But the road-gripping capability will be helpful even for Sun Belt drivers negotiating a rain-slick highway or a too-fast, too-tight corner.

The all-wheel drive V70 wagon (*right*) and the front-wheel drive S70 sedan (*above*) are a new generation of the successful Volvo 850. Launched in 1991, the 850 proved to be practical, reliable, and safe. Besides making both an all-wheel drive version and a front-wheel drive version of the V70, Volvo adds improvements to both models that will maintain its reputation as one of the world's most safety-conscious automakers. Among the improvements:

- The support between the doors (called the B-pillar) is reinforced so it takes longer for the car to deform in a side-impact collision. That means the side air bags, which are standard equipment, have more time to inflate and protect passengers from injury. Front air bags and antilock brakes are also standard.
- Light-emitting diodes used in the eye-level brake light on the rear window illuminate only one millisecond after you depress the brake pedal. A normal bulb needs 250 milliseconds. At 55 mph, that eye blink of a difference means a driver behind you could see your brake lights a full car length sooner.
- Seat belts are designed to tighten more rapidly around your body in a crash. A flexible three-part steering column also reduces the risk of crash injury.



V70 Station Wagon

The wagon's all-wheel drive system is automatic. On normal roads, 95 percent of the power goes to the front wheels. If the front wheels start to spin, the system transfers power—up to 95 percent—to the rear wheels.

Volvo also refined the styling of these new models to make them softer and more rounded. They're far less boxy and stodgy than the "Uncle Olaf" Volvos of previous decades. Moldings, rearview mirrors, and bumpers are the same color as the body.

The front-wheel drive S70 sedan, including power windows, power mirrors, and a 168-horsepower engine, goes on sale in March for about $27,000. The all-wheel drive wagon, with lots of standard features such as heated seats front and rear and a more powerful engine, goes on sale in June for about $35,000.

by Lamont Olson

A SIMPLE YET ACCURATE DEMONSTRATION OF HOW OUR ANTI-THEFT KEY WORKS.



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An Environmental Report Card

The nation's environment has gone from good to bad and back toward the positive again in the 75 years that *Better Homes and Gardens*® magazine has been published. If we rate the nation's actions in terms of grades, the report card looks good. But there's still plenty of room for improvement.

Air B+

Achievements: Clean Air Act, automobile pollution controls, wood-burning fireplace restrictions, clean-burning furnaces, low-emission paints and other finishes, leaf-burning bans, elimination of chlorofluorocarbons (CFCs) from plastics manufacturing and refrigeration.

Improvement strategies: Electric vehicles and ultra-clean-burning gasoline cars are part of the solution. But fewer car trips and more walking could make an even bigger impact.

Earth B-

Achievements: Environmentally sensitive development, energy-efficient appliances, greatly improved window and insulation technologies (which reduce the amounts of electricity and natural gas needed for heating and cooling).

Improvement strategies: Replace older single-pane windows with insulating, triple-pane models. Install new high-efficiency heaters, air conditioners, and heat pumps. Support builders who are part of the "green building" movement to construct environmentally sensitive housing.

Forests B

Achievements: Availability of engineered wood products, leaving trees on building lots, more carefully planned logging.

Improvement strategies: Plant trees around your house and participate in local reforestation programs. If you build an addition, leave as many trees undisturbed as possible around your property. Avoid purchasing items made with rainforest timber species.

Water B+

Achievements: Clean Water Act, water-saving horizontal-axis washing machines, low-flow toilets, water-miser dishwashers, biodegradable detergents, pesticide controls, home water purification systems.

Improvement strategies: Cut down on water by switching to water-saving toilet. If your dishwasher has a water-saver button, keep it on permanently. Also, purchase a horizontal-axis washing machine, which uses less water than a conventional washer.

Appliances: No More Dumping

Purchasing new appliances is as easy as, "Will that be cash or credit?" But getting rid of old stoves, refrigerators, and other major appliances can be a challenge.

The days when worn-out appliances could be hauled off for burial at the dump are disappearing. Disposal in landfills has been banned in 17 states because of environmental concerns, but 4 million tons of appliances are still tossed out annually.

Recycling is a better answer. Parts from aging machines can be used to repair similar models. Or, appliances can be shredded for the recycling of metals, plastics, and other component materials.

To dispose of an old appliance:

- Sell it to a used appliance shop, where it can be restored or stripped for parts. Shops can be found in the yellow pages or newspaper classified ads.
- Many appliance stores can handle disposal at the time you purchase a new appliance. But you will probably have to pay a fee.
- Ask your refuse department or your state's department of natural resources for appliance recyclers in your area.

Special care must be taken with air conditioners and refrigerators. These contain refrigerants made with chlorofluorocarbons (CFCs), which cannot be released into the atmosphere under rules of the 1990 Clean Air Act. Free-floating CFCs destroy ozone, so they must only be removed by certified technicians equipped to trap CFC molecules.

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Can Values Be Taught?

by Harriet Webster



When a seventh grader at the Garfield Middle School in Albuquerque, New Mexico, found $4 and a package of gum missing from her purse, school principal Louis Martinez promptly came to her classroom to talk about the problem. "I asked the students if they had considered that their integrity was only worth $4," he recalls.

Martinez was not surprised when he received a note in his office at the end of the day: "Dear Mr. M., Me and Adam and Carlos took the money. We will see you tomorrow morning."

In 1993, the year before Martinez became principal at Garfield, an inner city school with a poor reputation, the former principal sent out a survey to parents focusing on the quality of education at the school. Only thirteen responded, and their impression was not very favorable. Martinez asked his staff, "What changes can we make so that children will want to go to school here?" The staff answered that Garfield would be a happier place if students were honest and respectful and felt responsible for doing their work.

Determined to improve the climate, Martinez and his staff decided to implement Character Counts!, a program developed to help schools contribute to the moral development of their students. Two years later, parents were surveyed again. This time, 397 out of 578 questionnaires were returned. Eighty-one percent of the respondents agreed or strongly agreed with the statement, "My child feels safe and comfortable at Garfield Middle School."

That's a powerful statement given that more than 400,000 violent crimes are reported in and around U.S. schools each year. Each hour, more than 2,000 students and nearly 40 teachers are attacked on school grounds.

When schools set out to teach values, some parents may ask, "Whose values?"

Character Counts!, one of many approaches to character education, incorporates "Six Pillars of Character" into the life of the school: trustworthiness, respect, responsibility, fairness, caring, and citizenship. A program of the Josephson Institute of Ethics in Marina del Rey, California, Character Counts! is based on the belief that "there are enduring, universal moral truths which distinguish right from wrong and define the essence of good character," explains director Sharon Darrow.

Today, when materialism and money seem more important than compassion and honesty (in a recent survey, two-thirds of U.S. high school seniors said they would lie to achieve a business objective), children need help if they are to become good citizens. When a teenager involved in drugs was killed in Kansas City, police captain Vince McInerney was saddened by the reaction of the victim's friends. "One of the young men said, 'This is going to keep happening as long as we're out on the

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Ms. Godsey's Art Students Have Learned A Lot About Mixing Colors.

Naturally, Anne Godsey wants her art students to explore the relationships between space, color, texture and form. But to her, what's even more important is that they explore the relationships between people.



To make a statement about race relations, Ms. Godsey's class created "Together As One," a life-sized sculpture calling for unity among all the students of San Leandro High School, regardless of their interests or the color of their skin. The project left its participants with a sense of mutual respect. And the sculpture itself earned a permanent home within the school.

For proving that artwork can help promote teamwork, State Farm is pleased to present the Good Neighbor Award to Anne Godsey, along with $5,000 to San Leandro Schools of San Leandro, California.

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Teaching Values

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street. Someone better find someplace for us to go and give us something to do.'" Character education confronts this attitude by teaching kids to respect themselves and others and to take responsibility for their own behavior.

Efforts to teach values in the schools are often greeted with the retort, "Whose values?" Today's character education movement is built on the premise that there are some underlying qualities that are so broad that they transcend religious, political, and cultural differences.

"The controversy is eliminated if you just explain clearly what you are doing," says Sharon Banas. A teacher in the Sweet Home School District in Amherst, New York, Banas spearheaded the character education movement in her community. "No parent is going to say, 'But I want my child to be irresponsible or disrespectful.'"



Character education is not an "add on"—another subject for teachers to teach—explains Banas. Instead, it is an integral part of the life of the school, affecting the atmosphere not just in the classroom but on the school bus, on the playground, in the cafeteria, and in the hallway.

"You can't teach good character if you don't live it."

For character education to be effective, children need to see it modeled by all the adults in the school community, starting with the principal. When adults extol virtues like honesty and fairness but fail to demonstrate them through their own behavior, kids become cynical.

"Our staff, which includes all the adults who work in the school, holds itself accountable not only for teaching but for modeling and enforcing the pillars of character," Martinez explains. Adopting the six pillars has, he says, affected the school's curriculum, its discipline policy, and the way staff members, students, and parents interact with each other. It has given all of them a common language that helps them determine right from wrong.

"If there's terrible sportsmanship with coaches and players yelling and this happens without comment or correction, or if there's a lot of cheating going on and everyone knows it but it's passively ignored, kids learn it's no big deal," observes Tom Lickona, director of the Center for the 4th and 5th R's (respect and responsibility) at the State University of New York/Cortland. "They learn that they can't count on adults to be fair."

"You can't teach good character if you don't live it," Lickona adds.

Character education can affect every type of school problem—bullying, disruptive behavior in the cafeteria, graffiti, and homework issues.

Tom Lickona recalls a school in Minnesota where kids were afraid to ride the school bus. To confront the problem, he says, "the school held bus meetings which included the bus driver, all the children who shared the ride, and two faculty members. They talked about what a safe and respectful bus ride looks and sounds like. They set up three follow-up meetings throughout the year, and that virtually eliminated the problems."

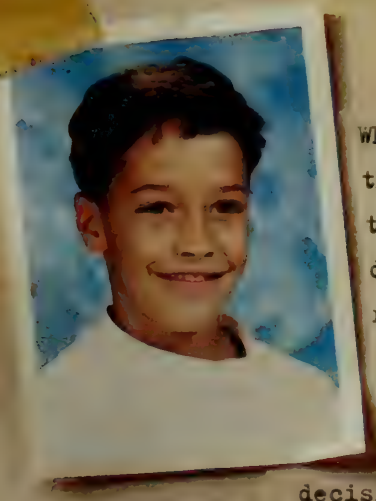
Schools put character education into action in many different ways. In Sharon Banas's school district, each building has a character education committee composed of administrators, secretaries, teachers, librarians, custodians, nurses, guidance counselors, parents, and students. The committees identify character-related concerns and work out strategies for dealing with them. Large student-made vinyl banners reading "I AM RESPONSIBLE FOR MY DAY" and "I WANT RESPECT AND I SHOW IT" hang in the halls at Sweet Home Middle School, where messages on respect and responsibility are included in the daily announcements and appear on electronic message boards. Dry Creek Elementary School in Clovis, California features a value of the month. The whole school focuses on one value such as self-control. Children write about it, read stories that illustrate it, and participate in discussions that tie it in with incidents that are happening in their lives.

Visitors to the Benjamin Franklin Classical Charter School in Franklin, Massachusetts, a public school for children in grades K-5, become aware of the school's emphasis on character from the moment they enter the building. "We have a 'Forest of Virtues' in the foyer," explains Peg Murphy, founder of the school and coordinator of its virtues program. "There are four paper tree trunks, representing prudence, justice, fortitude, and temperance—what the ancient Greeks called the cardinal virtues." When a student observes someone else in the school community modeling one of the virtues, she can nominate that person to receive a leaf on one of the trees. At the weekly schoolwide meeting, those nominated receive their leaves and put them up on the trees. "The forest becomes more and more lush as the year passes."

Teachers at the school "nourish the moral imagination of our students by providing inspiring models from history, science, and literature," Murphy continues. Students also keep character journals where they apply the virtues to their own experiences, and they put virtues into action by participating in community projects like helping out at a local soup kitchen.

Deborah Spaide, a Connecticut mother of five, felt so strongly about the importance of giving kids the opportu-

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This is the perfect age to talk to him about drinking.

Whether your child is 8 or 18, there's one topic that's always timely to discuss: underage drinking. And talking about it can make a difference. According to kids themselves, their parents play the most influential role when it comes to making decisions about drinking.

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Teaching Values

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nity to be of service to others that she founded the Kids Care Clubs which teach kids charity—what she calls "hands-on love"—by involving them in projects which put them in contact with people who are homeless, handicapped, elderly, or poor. She began the first club in 1990 and today is assisting clubs in 35 states and Canada. Most clubs operate as an extracurricular school activity. Club members have initiated dozens of projects including stuffing shoeboxes with small toys and games as birthday presents for homeless children, writing letters for the elderly, and reading to blind people.

In Texas, preschool students at Bradford Elementary School celebrated "Random Acts of Kindness Week" by throwing a surprise birthday party for a 95-year-old woman. At Northwestern Middle School, kids learned that some of the most meaningful acts of kindness are as simple as refusing to make fun of someone when others are doing it.

If you would like character education to become a part of your child's school experience, talk about the issue with the PTA or members of the local school board. Get the ball rolling by drafting a positive proposal calling for a meeting of parents and staff who want to work at making character education a part of the life of the school. These organizations can help you get started:

For information on Character Counts! write to Character Counts!, 4640 Admiralty Way, Suite 1001, Marina del Rey, CA 90292-6610. Phone 310/306-1868.

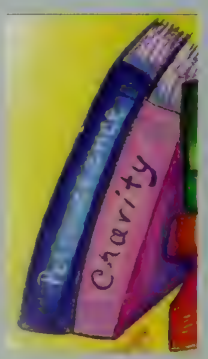
For information on Kids Care Club, write to Kids Care Clubs, P.O. Box 1083, New Canaan, CT 06840. Phone 203/972- 6601.

For information on the Sweet Home program, contact Sharon Banas, Sweet Home Middle School, 4051 Maple Rd., Amherst, NY, 14226. Phone 716/837-3500.

Teaching Values in the Home

When teaching our children values, it's our actions that deliver the clearest messages. Children discover parents' values by observing how the parents spend their most precious resources—time and money.

Are the hours in your day filled with work, TV, shopping, and home maintenance? Because these activities require so much time and energy, they come across to children as "what our family values most." Make sure that how you spend your time is balanced with what you hold dear. If it's important to you that your children read, make sure they see you with reading material in your hands more often than the remote control. If you want your kids to be physically fit, get out and get moving yourself—and invite them to come along. If organized religion is important, attend worship services regularly—and insist that they do too. If you place a high value on education, be a lifelong learner yourself. Do you want your kids to respect the environment? Be a faithful recycler. Law-abiding citizens? Obey the speed limit. Don't be afraid to set rules that reflect your values as well: "In this family we eat dinner together."



Kids take cues from how you spend your money as well. After the basics, where does your money go? The way you spend your dollars should reflect your values. Each purchase sends a message.

Every parent stresses some character traits more than others. One parent might teach kindness above bravery, another independence over politeness. It's tricky. We want our children to be assertive but not aggressive. We emphasize politeness but don't want our kids to be used as doormats.

When you see a child display a trait you admire, point it out. "Jason (the neighbor boy) found a ten-dollar bill on our driveway and promptly brought it to me. That shows integrity." If you walk into your kitchen and find your older son placing a bandage on his brother's bloody knee, seize this opportunity to define compassion. "How compassionate—you're helping your brother who's hurt."

Don't hesitate to underline your own virtuous actions with words: "I'm taking Mrs. Cunningham a casserole because she had surgery last week. This is a kind thing I'm doing for her."

And when you see your children display vices, take the same approach but in the negative. "I saw you steal a dollar from your sister's purse. We don't steal. Put the money back."

To help reinforce your values, create positive habits with preschool children, then engage their intellect with information during the elementary years. Don't be shocked when your teenager rebels against your values. It's natural, and usually only temporary.

Keep your parenting antenna alert for stories in the newspaper, on TV, and in your everyday life that illustrate the virtues you admire or the vices you abhor. Don't go overboard lecturing. Your approach should be low-key yet intentional, insistent but subtle. It's a difficult balance. It takes practice, but you can do it. Without values to guide them, children flounder; they're left to soak up the values of pop culture. If you spend your valuable time and energy instilling values in your children, they'll know that they are valued too.

—by Jan Faull, a parenting instructor in the Seattle area



Pads. Creams. Gels. Cleansers. Your son has probably tried them all. But if they haven't gotten rid of his acne, maybe it's time to take him to the doctor. Your son may not want to go. And, like many young men his age, he may even downplay his acne. But he does want something that works. Look how hard he tries with treatments that *haven't* worked. Only a doctor can decide which acne treatments he needs.

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In fact, in tests conducted by allergists, drowsiness in people who took Allegra was similar to placebo (sugar pill), 1.3% vs 0.9%. The most commonly reported adverse experiences for Allegra and placebo are cold or flu (2.5% vs 1.5%), nausea (1.6% vs 1.5%), and menstrual pain (1.5% vs 0.3%).

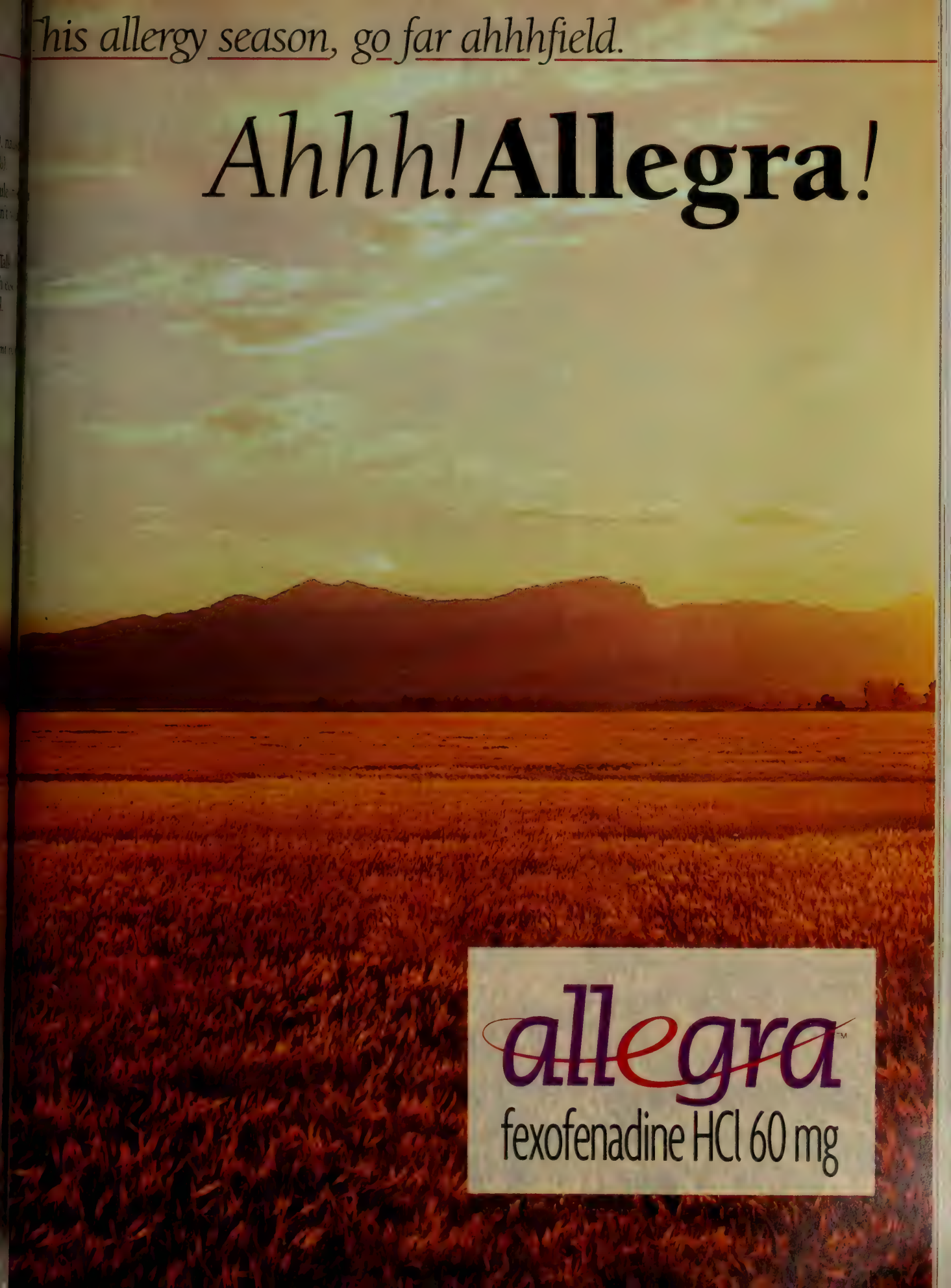
And Allegra is safe to take as prescribed (one capsule, twice a day). Most important of all, its effectiveness doesn't wear off as the day wears on.

So discover what it takes to get out there this year. Talk to your doctor. Because *we* don't need to tell you much else about Allegra.* The relief you'll feel says it, ahhh, all.

* *Please see additional important information on adjacent page*



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Ahhh! Allegra!
allegra™
fexofenadine HCl 60 mg

Brief Summary of
Prescribing Information as of July 1996

ALLEGRA™
(fexofenadine hydrochloride) Capsules
60 mg

INDICATIONS AND USAGE
ALLEGRA™ is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 12 years of age and older. Symptoms treated effectively include sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.

CONTRAINDICATIONS
ALLEGRA™ is contraindicated in patients with known hypersensitivity to any of its ingredients.

PRECAUTIONS
Drug Interactions
In two separate studies, fexofenadine hydrochloride 120 mg twice daily (twice the recommended dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal, healthy volunteers (n=24, each study). No differences in adverse events or QTc interval were observed when subjects were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

Effects on Steady-State Fexofenadine Pharmacokinetics After 7 Days of Co-Administration with Fexofenadine Hydrochloride 120 mg Every 12 Hours (twice recommended dose) in Normal Volunteers (n=24)

Concomitant Drug	$C_{max,SS}$ *(Peak plasma concentration)*	$AUC_{SS}(0\text{-}12h)$ *(Extent of systemic exposure)*
Erythromycin (500 mg every 8 hrs)	+82%	+109%
Ketoconazole (400 mg once daily)	+135%	+164%

The mechanisms of these interactions are unknown, and the potential for interaction with other azole antifungal or macrolide agents has not been studied. These changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials. Fexofenadine had no effect on the pharmacokinetics of erythromycin or ketoconazole.

Carcinogenesis, Mutagenesis, Impairment of Fertility
The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine exposure (based on plasma area-under-the-curve [AUC] values). No evidence of carcinogenicity was observed when mice and rats were given daily oral doses of 50 and 150 mg/kg of terfenadine for 18 and 24 months, respectively; these doses resulted in plasma AUC values of fexofenadine that were up to four times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose).
In in-vitro (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation, and Rat Lymphocyte Chromosomal Aberration assays) and in-vivo (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hydrochloride revealed no evidence of mutagenicity.
In rat fertility studies, dose-related reductions in implants and increases in postimplantation losses were observed at oral doses equal to or greater than 150 mg/kg of terfenadine; these doses produced plasma AUC values of fexofenadine that were equal to or greater than three times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose)

Pregnancy
Teratogenic Effects: Category C. There was no evidence of teratogenicity in rats or rabbits at oral terfenadine doses up to 300 mg/kg; these doses produced fexofenadine plasma AUC values that were up to 4 and 37 times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose), respectively.
There are no adequate and well-controlled studies in pregnant women. Fexofenadine hydrochloride should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects. Dose-related decreases in pup weight gain and survival were observed in rats exposed to oral doses equal to and greater than 150 mg/kg of terfenadine; at these doses the plasma AUC values of fexofenadine were equal to or greater than 3 times the human therapeutic values (based on a 60-mg twice-daily fexofenadine hydrochloride dose).

Nursing Mothers
There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman

Pediatric Use
Safety and effectiveness of ALLEGRA™ in pediatric patients under the age of 12 years have not been established. Across well-controlled clinical trials in patients with seasonal allergic rhinitis, a total of 205 patients between the ages of 12 to 16 years received doses ranging from 20 mg to 240 mg twice daily for up to two weeks. Adverse events were similar in this group compared to patients above the age of 16 years.

Geriatric Use
In placebo-controlled trials, 42 patients, age 60 to 68 years, received doses of 20 mg to 240 mg of fexofenadine twice daily for up to two weeks. Adverse events were similar in this group to patients under age 60 years.

ADVERSE REACTIONS
In placebo-controlled clinical trials, which included 2461 patients receiving fexofenadine hydrochloride at doses of 20 mg to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. The incidence of adverse events, including drowsiness, was not dose related and was similar across subgroups defined by age, gender, and race. The percent of patients who withdrew prematurely because of adverse events was 2.2% with fexofenadine hydrochloride vs 3.3% with placebo. All adverse events that were reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride (60 mg twice-daily), and that were more common with fexofenadine than placebo, are listed in the following table.

Adverse Experiences Reported in Placebo-Controlled Seasonal Allergic Rhinitis Clinical Trials at Rates of Greater Than 1%

Adverse Experience	*Fexofenadine 60 mg Twice Daily (n=679)*	*Placebo Twice Daily (n=671)*
Viral Infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Adverse events occurring in greater than 1% of fexofenadine hydrochloride-treated patients (60 mg twice daily), but that were more common in the placebo-treated group, include headache and throat irritation.
The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients

Prescribing Information as of July 1996

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Kansas City, MO 64137 USA

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Gorgeous Gates



Gates can be mundane, utilitarian, and boring. Or, they can be just the opposite, as evidenced by the sweeping arc of this gate at Quincy and Bob McWilliams' Southern home.

The McWilliams' gate comes together as a design success because it received at least as much planning attention as the fence to which it is attached.

Appealing gate designs are often based on surrounding motifs and colors. Because a rounded porch is a dominant feature in the McWilliams' backyard, the gate's posts and parts are rounded shapes rather than common square forms. The sweep of the upper rails and the layout of the picket dowels both throw curves into the design. The ball finials capping each post are a familiar bit of Southern ornamentation that further softens the gate.

Quincy enjoys the touch of elegance it adds to her yard. The gate stands as a refined counterpoint to the natural ruggedness of the stone patio around it.

"The gate helps make the backyard such an inviting place. The gate only serves as a border, but the yard would seem very flat without it," she says.

A professional woodworker built the gate using a steam box to bend the dowel for the upper rail. The upright pickets were notched to allow a firm connection to the rails.

When building gates or any outdoor structure, don't skimp on the quality of materials because exposure to weather will ferret out all weaknesses. Use moisture-resistant cedar or redwood, which can stand up to foul weather, and corrosion-resistant brass hinges. Finally, apply a primer/sealer and at least two finish coats of a premium paint for maximum water protection. The completed gate will be a smartly outfitted guard standing sentry to your home.

Now wipe out more than grease.



New improved 409® kills 99.9% of germs like Salmonella, E. coli and Influenza.

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Space-Savvy Bath

Using soft finishes and pampering fixtures, this bath proves that remodeling can take you a world away.





Tracy Koon often dreams of the subtle hues and countryside views she experienced while living in Italy. Since making Los Altos, California, her home, Tracy wanted to replicate a soothing Mediterranean look in her master bath.

But her bath was more like a cell. Existing nooks stole floor space. A pocket door closed off the shower and toilet compartment, and doors concealed a small closet. What remained was a minute slab of flooring and a single sink vanity.

Designer Carol Kelly developed a refreshing scheme, first by removing the shower nook and stealing 2 feet from the adjoining bedroom. A built-in dresser replaced the closet, providing drawers for towels and other bath necessities as well as open shelves for collectibles and plants.

The shower stayed put but was enlarged and accented with earthy ceramic tile and a stair-stepping wall. Next to the shower, a platform tub was installed; it offers a commanding view of the room and greenery outside. The new window above the tub is treated with Roman shades, which filter light when privacy is needed.

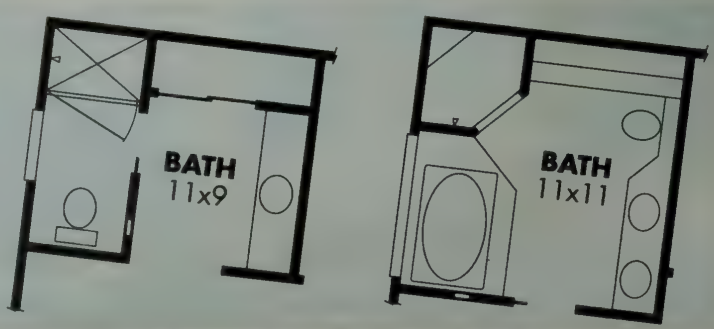
A second sink added to the vanity eases the morning rush, and the vanity's tile surface extends over the commode. A wall of built-in drawers and shelving opposite the door offers storage and display space.

An elegantly European mood was created with limestone flooring, tumbled marble insets, and decorative ceramic tiles. The Old World ambience that Tracy loves is reinforced by a warm, sun-drenched yellow glaze washing the walls.

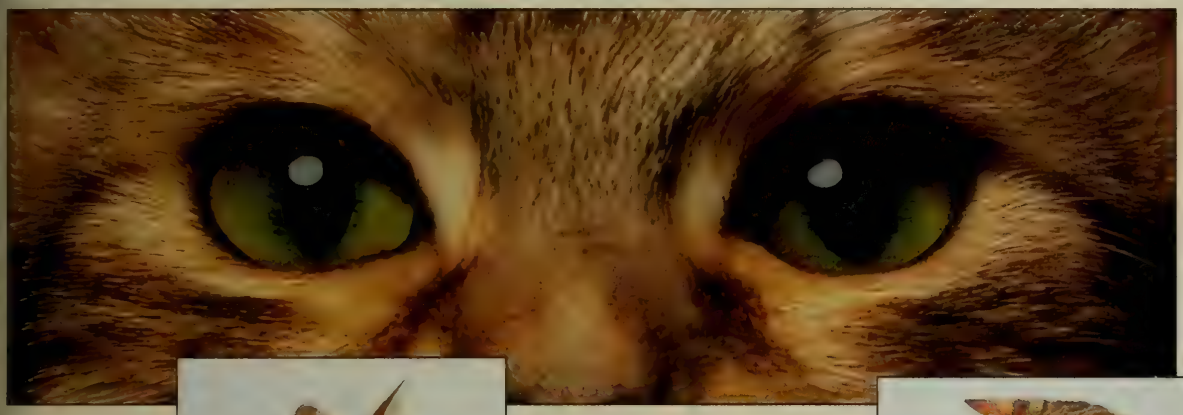
"All the neutral tones are very restful and the wall finish adds just the right touch," says Tracy. "When the sun shines in through the new casement windows and onto the limestone floor, I can almost believe that I'm back in Italy."

Lesson in Smart Planning

When you see how Tracy Koon's bathroom was arranged "before," you have to ask: Who would put a toilet and shower in one compartment? The "after" plan shows how only two additional feet allow a larger shower, a bigger window, a second basin at the vanity, and a platform tub. If you face similar problems, outline the dimensions of your existing room on paper. But don't position fixtures in the drawing. Instead, imagine how you'd like to arrange the room and draw it that way.



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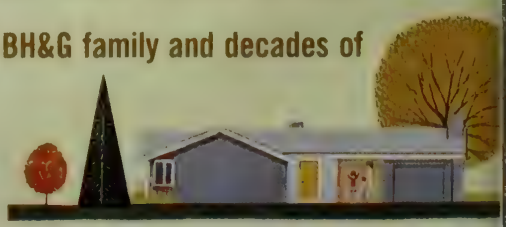
Andersen Windows presents

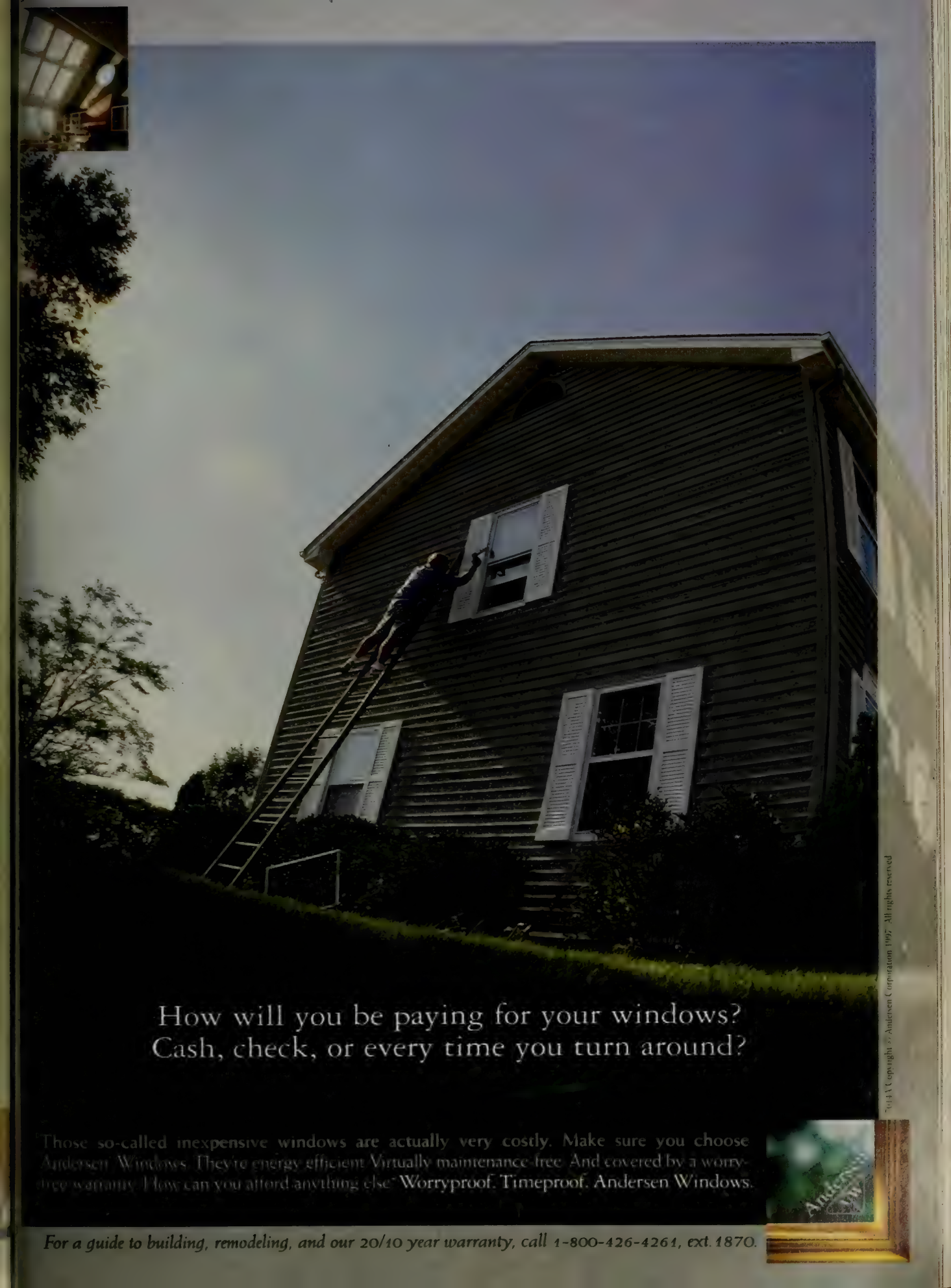


75 Years of American Homes

Readers of Better Homes and Gardens® magazine have been building homes, raising families, and improving their lives for generations thanks in large measure to the information, wisdom, and advice they've discovered in these pages. In a very real way, readers are a family and the magazine is their home. Historians will say the magazine started with publisher E.T. Meredith in 1922. But it really grew from the needs of readers. The magazine's writers, photographers, and editors have been good neighbors for 75 years offering helpful advice, handy tips, and genuine insights into how home and family can be improved. Countless articles have examined everything from architecture to roofing to windows to floors to basements. You need to build a house? Look to BH&G®. Remodel a bathroom? BH&G. Choose the right nail? BH&G. All that is to say this: come celebrate the BH&G family and decades of better and better American homes.






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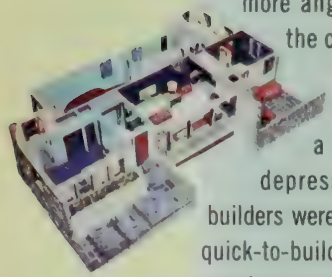


In the beginning...

Innumerable [illegible] foreign [illegible] American [illegible] born in the first half of the century that reflected the country's no-nonsense spirit.

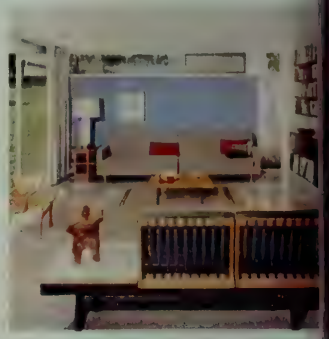
1920s For middle-class Americans the '20s were an exciting time. New on the scene, home mortgages placed home ownership squarely within the reach of millions. Bungalows sprouted on the landscape. Inexpensive and functional, many also reflected the Arts and Crafts movement, a home-grown architectural style which stressed simple lines and function. Home electrification brightened the lives of many Americans and paved the way for the burgeoning technology which banished drudgery for homemakers. Ice-boxes melted from the scene and were replaced by refrigerators. Washing machines made doing the family laundry a quicker and more pleasant experience.

1930s Lean times brought on by the Depression kept housing to modest proportions in this decade. While wealthier families discovered modern architectural styles like Art Deco and Bauhaus, average Americans were content with the cottage and California bungalow. Though interiors experienced little change, a new, more angular modern furniture style heralded the coming look in home styles.



1940s When Johnny came marching home after WWII he wanted to build a family and a home. With housing stocks depressed due to the Depression and War, builders were challenged to find an inexpensive and quick-to-build style to meet the demand. The ranch was born, and along with it the mass development communities which defined the early suburbs. The modest dimensions of many post-War ranches did produce a space squeeze, so architects built ingenious space-saving concepts into their plans. Porches and entryways were jettisoned, like unwelcome guests. Instead, that space was added to living rooms. The first glimmers of open planning were evidenced as rooms became less defined. Living and dining areas blended together; kitchens grew bigger to accommodate informal family living spaces. Built-in buffets, hutches and bookcases snuggled into walls, instead of stealing precious floor space.

1950s By the '50s, suburban life was rolling out across America. The sounds of lawn mowers mingled with aromas from backyard barbecues fired up on back patios. Practical housing dominated, and though square footage increased to accommodate growing families, craftsmanship declined. Consumers who previously had purchased a once-in-a-lifetime home were now buying with the idea of moving at a later date. Housing styles included the "California" ranch, with its carport and open interiors, and the split-level. The split-level offered more space for the same money by tucking living quarters under the raised bedrooms. Inside, the major technological wonder was television. Families huddled around black-and-white sets, eating TV dinners off TV tables in their newest space, the family room.



From the '20s bungalow to the '50s ranch, Americans demanded cozy, functional, and cost-effective spaces to call home.







1903

Andersen Lumber Company is founded in Hudson, Wisconsin. The founder Hans J. Andersen invents "the 10-minute window," whereby standardized frame pieces could be quickly assembled without cutting or trimming.



1913

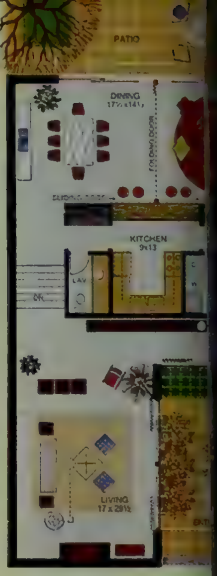
Andersen Lumber Company moves its revolutionary mass production window frame business to Minnesota. Bayport, Minnesota is still worldwide headquarters of Andersen Windows.

1932

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as the tradition continues...

1960s "Little boxes" was how a belittling pop song referred to the square silhouettes of contemporary homes. While exterior contemporary styling was developed during this decade, these homes were vastly outnumbered by two-story Colonials and the new split foyers. If home exteriors were a bit bland, some opened up to exciting new interior concepts. Roof beams were raised and walls came tumbling down. Vaulted or cathedral ceilings punched drama into otherwise bland family rooms. Kitchens were married to family rooms, creating a family gathering area. This decade also saw garages cozying up to houses. These attached garages now allowed homeowners to unload their cars without suffering the effects of wind and weather.



While housing often had a cookie-cutter sameness in these decades, new concepts like vaulted ceilings set the stage for more imaginative interiors.

1970s Adversity became the mother of invention during the '70s energy crisis. That the decade was marked by fuel shortages and high energy prices only propelled Americans to discover alternatives. Soon active and passive solar homes, as well as earth-bermed plans, were home-show staples. Less visible, but more far-reaching changes were also being made, one existing home at a time. Fireplace inserts sent waves of hot air streaming into rooms instead of up the chimney. Window blankets, weatherstripping, superinsulation, conservation, and new window and door technologies promised a life of more comfort and economy. During this decade interest rates and inflation took steep jumps. As a result many homeowners opted to remodel or retrofit rather than buy new. And a new, less expensive housing option came into favor—the condominium.

1980s Nostalgia seeped into America. The complexities of modern life were enough to make anyone yearn for a simpler time. In housing that nostalgia was translated into the neotraditional style, a synthesis of old and new. Tired of unadorned architecture, consumers were charmed with details now found in all areas of the home, from millwork to surface materials, countertops to floors. This became the age of cornices, gingerbread, and chair rails. Yet, these homes contained both modern spaces and materials. Floor plans remained open, with the Great Room often occupying the entire rear of the home. This was also the era of move-up housing which included lavish master bedroom suites. In upscale houses these master suites were on the first floor and sported dream baths and sometimes even exercise areas. The energy-efficient materials developed in the '70s became mainstream in the '80s, allowing homes to incorporate large expanses of glass without sacrificing efficiency.



Though the energy crisis initially raised dark clouds, it produced a shower of great housing innovations from which we profit too

1940

Andersen introduces the brand new concept of the Gliding Window, sparking a home design revolution.





1952

Andersen® Flexivent windows take home design to the next level. With this concept, the company's welded insulating glass gives storm windows the "heave ho."



1961

Andersen introduces the Gliding Door, followed the next ye by the primed wood Narroline®, one of the most popular an enduring products in Andersen's history.



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today and tomorrow...



1990s While no big visual trends mark the '90s exteriors, there has been an updating of the neotraditional looks. Front and screen porches have returned, as Americans yearn to connect with neighbors. Inside, homes reflect this continuing nostalgia with warm, comfortable furnishings and decorating. Gone are the sterile white kitchens. In their place is a keeping-room kitchen, fully decorated and ready for its role as the heart of the home, the family's central meeting area. Today's homes are bathed and dappled in light as consumers seek to open up their homes to their yards and gardens. Homeowners "decorate" their yards with flower gardens, plantings, garden ornaments, and furniture. Specialized rooms, like hobby rooms and home offices, now cater to the interests and lifestyles of their residents.



Since homeowners replaced oiled paper with the first rippled glass, windows have connected us with our world. Yet, throughout the decades, housing styles, lifestyles, and technology have shaped our view of that world. In the '20s, dormers not only made second-story space useable, but let in the sunshine. Fancier homes featured French doors to close off interior spaces, without dimming the light. While the '30s Depression put the housing market in a slump, homeowners still voted for the elegant bay window at every opportunity. When low-slung post-War ranches promised a dingy interior, builders solved the dilemma with that large expanse of glass we call the picture window. As the ranch was refined, architects then opened up the rear, with sliding glass doors out to the requisite patio. Though housing styles were generally ho-hum in the '60s, some windows broke out of their boxy frames to create trapezoidal and triangular shadows on the wall. Those homes that were built with the new contemporary styling also brought back clerestory lighting. Probably the biggest boost to window technology and creativity was the '70s energy crisis. Suddenly solar energy, solar gain, and R-value became consumer bywords. (U-values are the current standard for measuring energy efficiency.) As manufacturers made more energy-efficient products and consumers saw the practicality and beauty of flooding their homes with light, they embraced the concept. By the '80s, large expanses of glass became standard in many homes, along with skylights and elegant circle-top windows. Today we continue to add windows in every style and shape. In fact, "daylighting" has been coined as a term in this decade, illustrating that we truly think windows turn our lives sunny-side up.

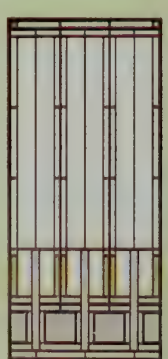


What does the future hold for the American home? History tells us that modern efficiency can coexist with timeless design



1966

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1993

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1996

Andersen products receive Green Seal approval. The environmental certification organization lauds Andersen windows as among the "most energy-efficient doors and windows available."

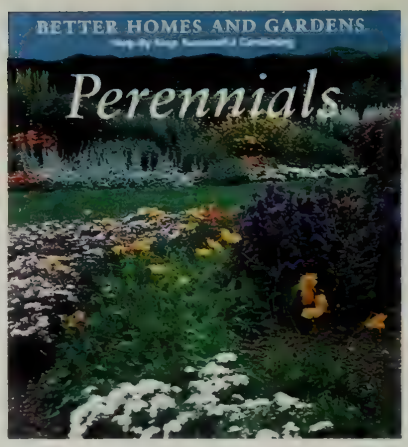
1985

Andersen High-Performance® energy efficient glass is made standard on all Andersen products.


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reader shopping

Spring's Blue Hues



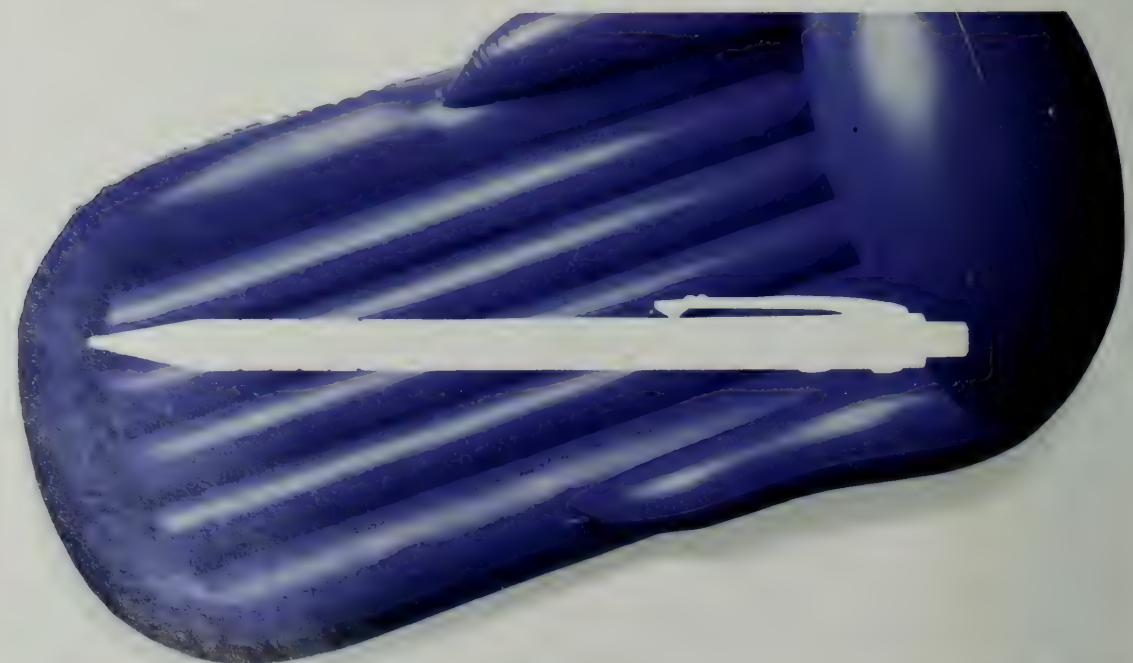
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DECORATING SHOP
Page 34: Fleur de Lis and **Foliage Wall Stamping Kits**—Rubber Stampede, P.O. Box 246, Berkeley, CA 94701.

BENCH MARKS
Page 40: wallpaper, "Annabelle" (Sapphire); **lace curtain panel fabric,** "Daisy Trellis" (White)—Laura Ashley; for a store near you call 800/429-7678.
Page 42: wallpaper, "Annabelle" (Sapphire)—Laura Ashley; for a store near you call 800/429-7678.
Page 44: youth chair, available in a kit or assembled and finished (F231)—Shaker Workshops, P.O. Box 8001-BG, Ashburnham, MA 01430; 800/840-9121.

NAPKIN MAGIC
Pages 48-55: all items shown—antique, discontinued, or a personal belonging of the homeowner.

GROOMED TO PERFECTION
Pages 61-64: dog food—Eukanuba, Iams Co., 7250 Poe Ave., Dayton, OH 45414-5801; 800/525-4267. **Ceramic tile**—Crossville Ceramics, P.O. Box 1168, Crossville, TN 38557; 615/484-2210. **Cage, dryer, plastic tiles, grooming tools**—Drs. Foster & Smith Inc., 2253 Air Park Rd., P.O. Box 100, Rhinelander, WI 54501-0100; 800/826-7206. **Hand shower and transparent plastic hair trap** (also a complete line of pet baths and grooming tables)—Petlift Ltd., 1192 Myrtle Ave., Brooklyn, NY 11221; 718/455-4906. **Shower base**—Sterling Plumbing Group, Inc., 2900 Golf Rd., Rolling Meadows, IL 60008; 800/783-7546.

GARDENER'S ALMANAC
Pages 144-146: pawpaws—Edible Landscaping Nursery, P.O. Box 77, Afton, VA 22920; 800/524-4156; free catalog. Miller Nurseries, 5060 W. Lake Rd., Canandaigua, NY 14424; 716/396-2647; free catalog.

continued on page 139

Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: PAINTED WALLS
Page 23: paints, "Gold Strand," SW1400; "Pear Tint," SW1402—Sherwin-Williams; for a store near you call 800/4-SHERWIN. **Lace curtain** (similar styles available)—Linen & Lace, No. 4 Lafayette, Washington, MO 63090; 800/332-5223. **Sofa**—Thomasville Upholstery; for a dealer near you call 800/225-0265.
Page 24: upper wall paint, "Miami Waters," SW1470; **lower wall paint,** "Dewy Grass," SW1446—Sherwin-Williams; for a store near you call 800/4-SHERWIN. **Pine storage bench,** 861-4299A—J.C. Penney Catalog; 800/222-6161.
Page 26: paint, "Niagara Reef" deep base tint, from the Glidden Spred Satin Line—Glidden Paints; for a retailer near you call 800/221-4100. **Down comforter**—Coming Home with Lands' End Catalog; 800/345-3696. **Tab curtains,** from Eco-oordinates Collection—HomePlace; for a store near you call 800/752-2379.
Page 30: light green wall and quilt paint, "Bumbershoot," SW1435; **dark green window trim and quilt paint,** "Pesto," SW1440; **orange quilt paint,** "Guava Jam," SW1635; **yellow quilt paint,** "Snapdragon," SW1376; **cream quilt paint,** "Ivory Memento," SW1640—Sherwin-Williams; for a store near you call 800/4-SHERWIN. **Wooden bowl**—Weston Bowl Mill, P.O. Box 218, Weston, VT 05161; 802/824-6219.

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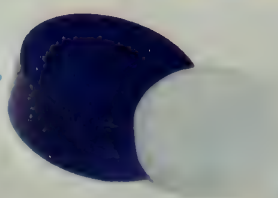
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Buying Guide

continued from page 137

Arborvillage Farm Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. Wiley's Nut Grove Nursery, 2002 Lexington Ave., Mansfield, OH 44907; 419/756-0697; catalog $1. Stark Bro's Nurseries, P.O. Box 10, Louisiana, MO 63353; 314/754-5511; free catalog. Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 503/846-7269; catalog $3.

EASY ORCHIDS

Pages 149: orchids—Orchids by Hausermann, 2N134 Addison Rd., Villa Park, IL 60181; 630/543-6855; catalog $1. Stewart Orchids, P.O. Box 550, Carpinteria, CA 93014; 800/621-2450; free catalog. Zuma Canyon Orchids, 5949 Bonsall Dr., Malibu, CA 90265; 310/457-9771; catalog $3. Kensington Orchids, 3301 Plyers Mill Rd., Kensington, MD 20895; 301/933-0036; catalog $1. R.F. Orchids, 28100 SW. 182 Ave., Homestead, FL 33030; 305/245-4570; free catalog. Rod McLellan Co., 1450 El Camino Real, South San Francisco, CA 94080; 415/871-5655; catalog $2. **Supplies**—OFE International, P.O. Box 164402, Miami, FL 33116; 305/253-7080; catalog $3. **Horticultural societies**—American Orchid Society, 6000 S. Olive Ave., Dept. B, West Palm Beach, FL 33405; http://orchidweb.org.

BLUE HUES

Pages 157-164—Heronswood Nursery Ltd., 7530 288th St., NE., Kingston, WA 98346; 360/297-4172; catalog $4.

Page 157: anemone pulsatilla—Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog.

Page 159: meconopsis seed—Thompson & Morgan, P.O. Box 1308, Farraday and Gramme Aves., Jackson, NJ 08527; 800/274-7333; free catalog.

Page 160: anemone blanda—Daffodil Mart, 7463 Heath Trail, Gloucester, VA 23061; 800/ALL-BULB; free catalog. Dutch Gardens, P.O. Box 200, Adelphia, NJ 07710; 800/818-3861; free catalog.

Page 163: wood hyacinth—Dutch Gardens (address above). Daffodil Mart (address above).

THE NOT-SO-EMPTY NEST

Pages 167-176: all items shown—antique, discontinued, or a personal belonging of the homeowner.

KITCHENS THEN AND NOW

Pages 180-181 (*right*): refrigerator, ovens, "Monogram"—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Dishwasher**—ASKO, Inc., 903 N. Bowser, Ste. 200, Richardson, TX 75081-1805; 800/367-2444. **Sink**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521; 800/635-7500. **Faucet**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Cooktop**—Jenn-Air Co., 3035 N. Shadeland, Indianapolis, IN 46226-0901; 800/536-6247. **Windows**—Marvin Windows and Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128. **(*Right*): cabinetry**—The Wood Shop of Avon, 3918 Sunnyside Rd., Edina, MN 55424; 612/927-8002.

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Pages 182-183 (*left*): windows, "Architectural Series"—Pella Windows and Doors, 102 Main St., Pella, IA 50219; 800/348-3344. **Vinyl flooring**—Mannington Resilient Floors, P.O. Box 30, Salem, NJ 08079; 800/FLOORUS. **Range**—Magic Chef, Inc., 3035 N. Shadeland, Indianapolis, IN 46226; 800/536-6247. **Microwave oven**—Sharp Electronics Corp., Sharp Plaza, Mahwah, NJ 07430-2135; 800/237-4277. **Cabinets**—Northern Wood Products, Mora, MN 55051. **(*Top right*): table**—Heartwood Architectural Woodwork Corp., 3310 NE. Fifth St., Minneapolis, MN 55418; 612/789-2240. **Pillows on window seat**—Depth of Field, 917 Grand Ave., St. Paul, MN 55105; 612/222-5356. **(*Bottom right*): tile on backsplash,** "AM Contempsia"—RBC Tile & Stone, 550 W. Co. Rd. D, Roseville, MN 55113; 612/635-0515. **Faucet**—American Standard, Inc., 1 Centennial Plaza, P.O. Box 6820, Piscataway, NJ 08855-6820; 800/223-0068.

Pages 184-185: countertop, "Grey Granite"—Creative Solid Surface, 508 Enterprise Dr., Jefferson City, MO 65109. **Drop-in range, dishwasher, and trash compactor**—Sears; for appliances, contact your nearest Sears Brand Central. **French door, windows,** "ProLine"—Pella Windows and Doors (address above). **Faucet**—Moen Inc., 25300 Old Moen Dr., North Olmstead, OH 44070-8022; 800/553-6636. **Ceiling fan,** "Ventura"—Casablanca Fan Co., 450 N. Baldwin Park Blvd., City of Industry, CA 91746; 800/759-3267. **Floor tile**—Interceramic USA, 1624 W. Crosby Rd., Ste. 120, Carrollton, TX 75006; 800/365-6733.

WILD RICE HOUSE

Page 189: windows—EAGLE Windows & Doors, Inc., P.O. Box 1072, 375 E. Ninth, Dubuque, IA 52004-1072; 319/556-2270. **Roofing,** "Independence"—CertainTeed Corp., P.O. Box 860, Valley Forge, PA 19482; 800/782-8777. **Stain**—Cabot Stains, Inc., 100 Hale St., Newburyport, MA 01950; 800/877-8246.

Pages 190-191 (*left*): cabinets, "Heritage"—Dura Supreme, 300 Dura Dr., Howard Lake, MN 55349; 612/543-3872. **Paint,** (no. 956)—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862; 800/826-2623. **Dining room chandelier,** "Overlook," #C-197-4; **Mission-style table lamp,** "Bridgeton," #T500—Rejuvenation Lamp & Fixture Co., 1100 SE. Grand Ave., Portland, OR 97214; 503/231-1900. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Countertop,** (Tarmac)—Wilsonart Laminate, 600 General Bruce Dr., Temple, TX 76503-6110. **(*Right*): sofa and stuffed chairs,** "Westwinds"; **sofa,** #99888-86; **fabric on sofa,** #9-3246-08; **chairs,** #91891; **fabric on chairs,** #36-4621-07—Broyhill Furniture Ind., Inc., One Broyhill Park, Lenoir, NC 28633; 800/327-6944. **Wicker chair, fire screen, and birdhouses**—Palacek, P.O. Box 225, Station A, Richmond, CA 94808-0225; 800/274-7730. **Pine furniture**—Euro Pine Imports, 4416 Excelsior Blvd., Minneapolis, MN 55416; 612/929-2927. **Plants and flowers**—Nature's Harvest, 320 E. Wayzata Ave., Wayzata, MN 55391; 612/473-4687.

Pages 192-193 (*left*): Windsor chairs—Broyhill

Buying Guide

continued from page 139

Furniture Ind., Inc. (address above). **Chandelier**—Rejuvenation Lamp & Fixture Co. (address above). **Armoire and table**—Euro Pine Imports (address above). **Windows**—EAGLE Windows & Doors, Inc. (address above). (***Right***)**: faucets**—Delta Faucet Co., 55 East 111th St., Indianapolis, IN 46280; 800/345-3358. **Kitchen lantern pendant,** Columbia #C303—Rejuvenation Lamp & Fixture Co. (address above). **Dishwasher**—ASKO, Inc., 903 N. Bowser, Ste. 200, Richardson, TX 75081-1805; 800/367-2444.

Page 194 (*top*): wicker chairs, plant stands, and birdhouse—Palacek, P.O. Box 225, Station A, Richmond, CA 94808-0225; 800/274-7730. **Rugs**—Capel, Inc., 831 N. Main St., Troy, NC 27371. (***Bottom***)**: faucets**—Delta Faucet Co., 55 East 111th St., Indianapolis, IN 46280; 800/345-3358. **Paint,** no. 1087—Benjamin Moore & Co. (address above).

FAMILY TIES

Page 197: white dinner plate, "Carcassonne"—Charme Rustique, 3 Claremont Rd., Bernardsville, NJ 07924; 908/221-1088.

Page 200: dinner plate, "Tourron Jade"—JARS Ceramics; for a store near you call 203/972-6955. **Flatware,** "Keys"—Pottery Barn; for a store near you call 800/922-9934.

Page 202: oval earthenware plate, "Rhodes"—Pottery Barn; for a store near you call 800/922-9934.

Page 203 (*top*): white salad plate, "Louvre"—Bernardaud, 499 Park Ave., New York, NY 10022; for a store near you call 800/448-8282. **White dinner plate,** "Miss Match"—Dansk International Designs, 100 Lenox Dr., Lawrenceville, NJ 08648; 800/293-2675. (***Bottom***)**: glass**—Barney's, 106 Seventh Ave., Fifth Floor, New York, NY 10010; 212/826-8900. **White salad plate,** "Tassili"—JARS Ceramics; for a store near you call 203/972-6955.

Page 204: yellow and white checkered dessert plate—Mesa International, 225 Fifth Ave., Suite 704, New York, NY 10010; 212/889-8817. **Spoon**—Marel Gift; 800/261-3501.

Page 205: napkin, by Peggy Walz, Inc.—Pioneer Linens, 210-212 Clematis St., West Palm Beach, FL 33402; 407/655-8553. **Ivory square dessert plate,** by Cassis & Co.—Kitchen Classics, Main St., Bridgehampton, NY 11932; 800/251-2421.

Page 206 (*bottom*): dessert/salad plate, "Palm"—Luna Garcia, 201 San Juan Ave., Venice, CA 90291; 800/905-9975.

PRIZE TESTED RECIPES®

Page 257 (*right*): plate, "Ripples"—Dalzell Viking, P.O. Box 459, New Martinsville, WV 26155; 304/455-2900.

Page 258 (*left*): plate and bowl—Annieglass, P.O. Box 8445, Santa Cruz, CA 95061; 408/426-5086. (***Right***)**: plate,** "Sand" from Craftworks Collection—Lindt-Stymeist Designs, 6231 Hollis St., Emeryville, CA 94608; 510/654-0413.

READER SHOPPING

Page 136: Spring's Blue Hues Perennials—Van Bourgondien Brothers, 245 Rt. 109, Babylon, NY 11702.

Page 141: Editor's Choice Pawpaw Tree—Miller Nurseries, 5060 West Lake Rd., Canandaigua, NY 14424. **Orchids**—Orchids by Hausermann, 2N 134 Addison Rd., Villa Park, IL 60181.

Page 142: *Better Homes and Gardens*® Diamond Jubilee™ Rose—Certified Roses, Box 4400, Tyler, TX 75712.

Page 143: *Better Homes and Gardens*® Anniversary Sampler—Banar Designs, 431 S. Main, Fallbrook, CA 92028.

Architects & Designers

GROOMED TO PERFECTION

Pages 61-64: architect—Duo Dickinson, 94 Bradley Rd., Madison, CT 06443; 203/245-0405. **Ceramic tile design**—David Wright, Crossville Ceramics, P.O. Box 1168, Crossville, TN 38557.

KITCHENS THEN AND NOW

Pages 180-183: designer/builder: John Sylvester, Sylvester Construction, 7708 Fifth Ave. S., Minneapolis, MN 55423.

Pages 184-186: designer/builder—Kerry Bramon, Kerry Bramon Remodeling & Design, 1204 Rogers St., Columbia, MO 65201; 573/875-0794.

WILD RICE HOUSE

Pages 189-194: architect—Mulfinger, Susanka & Mahady Architects, Inc., 43 Main St. SE., Ste. 410, Minneapolis, MN 55414; 612/379-3037. **Builders**—Kyle Hunt & Partners, Inc., 3300 Edinborough Way, Ste. 202, Edina, MN 55435; 612/897-3555.

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Disney Winnie the Pooh Postage Stamps Incite Collector Stamp-ede!

Winnipeg, Canada— Disney fans and collectors are scrambling to obtain a new Limited Edition 4 Stamp set just issued by Canada to commemorate the evolution of Winnie the Pooh from a real bear born in Winnipeg, Canada, to a cartoon icon that is beloved worldwide.

"Collector demand for these stamps has been unbelievable," stated John Van Emden of the International Collectors Society, distributor of the stamps. "Disney's fairy tales have touched the hearts of all of us, and collectors know this is their opportunity to get government issued legal tender stamps that are both beautiful and rare. In fact, we're nearly sold out."

The set was issued in a strictly Limited Edition. "This is the first stamp set ever issued in the history of the post office which bears the inscription 'Limited Edition' on the stamps," he added.

Collectors are already predicting that in the near future these stamps will be far more sought after and desirable than the U.S. Elvis stamp, the most popular stamp of all time.

"Over 500 million Elvis stamps have been issued. Compare them to these Winnie the Pooh Limited Editions, and you can see the irresistible appeal that these stamps have to stamp collectors and Disney fans," added Van Emden.

Each of the stamps is about three times the size of a regular U.S. postage stamp. They're legal for postage in Canada and are recognized by every postal authority worldwide.

Gotta have'em? They are available for a short time at $9.95 (plus $3 p&h) for the complete Limited Edition set of colorful stamps, accompanied by an ICS Certificate of Authenticity. The most you can buy is six sets. Send your check or money order to ICS, 3600 Crondall Lane, Suite 100BABG, Owings Mills, MD, 21117. Credit card holders may call toll free 1-800-811-8151.

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American Heritage

Furnishings from the past have a great presence. Case in point: This richly appointed Nashville home, filled with American antiques, remains faithful to tradition without sacrificing modern comforts. Take a moment to visit this impressive place and share the owner's collecting secrets. Then browse through some of today's best reproductions. With roots firmly imbedded in America's early years, these classics are sure to become tomorrow's prized possessions.

Produced by Rebecca Jerdee and Sharon Overton. Written by Heather J. Paper

PHOTOGRAPHS: INTERIORS, WILLIAM STITES; FURNISHINGS, KING AU



American Heritage

For Nashville collector Roupen Gulbenk, the memory of buying his first piece of antique furniture is forever underscored by the sound of violin music.

Gulbenk was 12 years old when he started taking violin lessons; the same year he also discovered what would become a lifelong passion. "After each lesson, I would walk to a second-hand bookstore," he says. "The owner kept everything, including an occasional piece of furniture." Gulbenk eventually saved enough money to buy his first furniture love—a marble-top Victorian table—then promptly sold it for a handsome profit. Nearly 64 years later, he's still trading up.

continued on page Z4

For Roupen Gulbenk, the thrill of the hunt drives his passion for antiques. "It's getting on the horse and chasing that [illegible]istent fox."







Two Queen Anne wing chairs flank a Chippendale secretary that dates from 1760-1765. The window treatments, topped by dog-ear cornices, echo the chairs' coral hue.

Buying information, page Z16

Better *by* Design

Fine reproductions (left) *beautifully mirror the look of rare antiques, often at a fraction of the cost. Many museums and historic sites offer line-for-line copies of important furnishings.*



The "Apothecary Shop Chandelier" from Virginia Metalcrafters' Williamsburg collection comes in candle and electrified versions.



Hickory Chair's "Aitken Sideboard" is copied from a piece found in Mt. Vernon, George Washington's Virginia home.



Depicting French fashion plates, the stylish "Journal de la Mode" is part of Schumacher's Colonial Williamsburg collection.

Buying information, page Z16



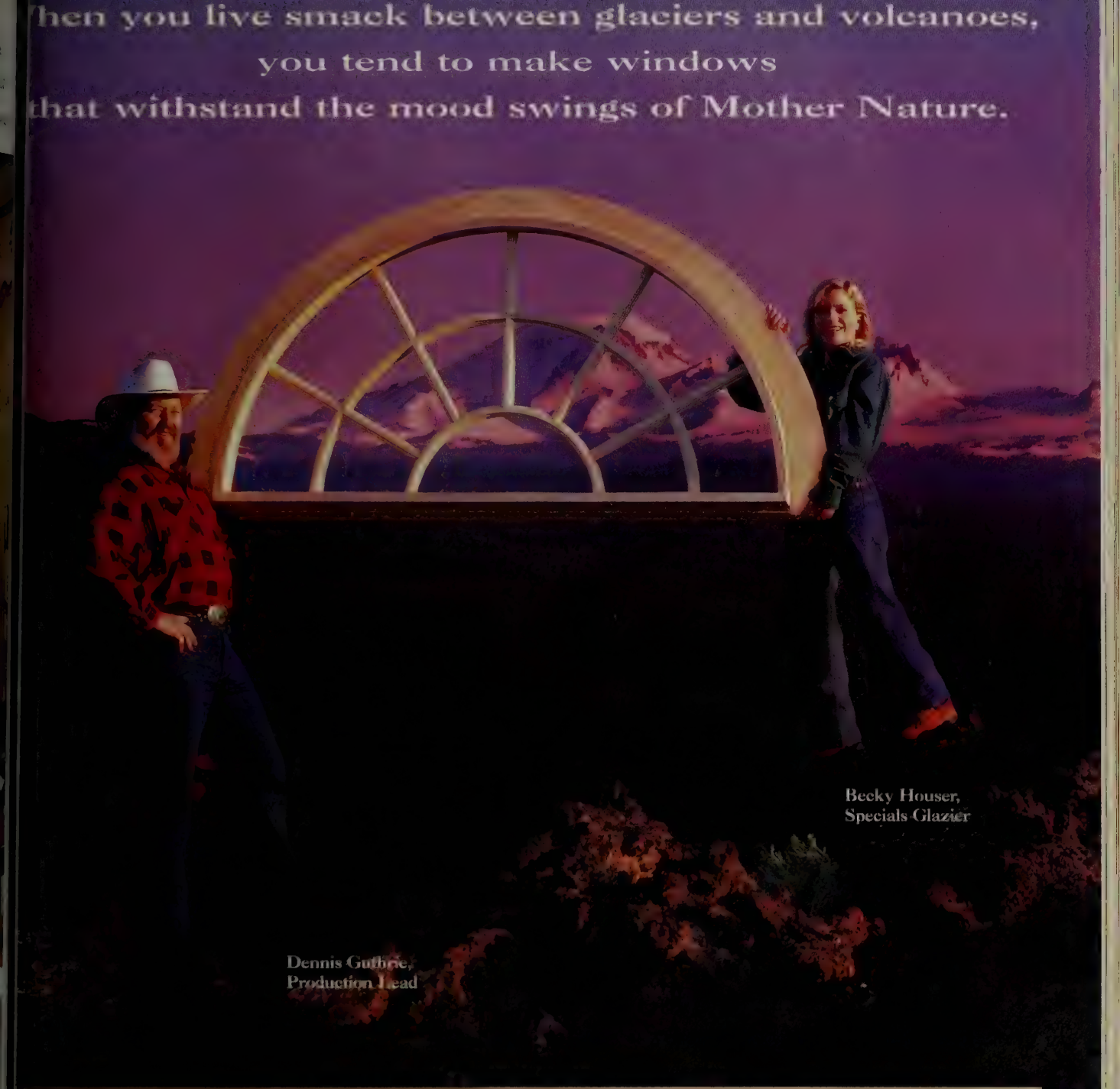
Today Gulbenk owns Cinnamon Hill Antiques and specializes in 18th- and early 19th-century American furniture. But the best testament to his vast knowledge may be his own home, where pieces from the Revolutionary and Federal periods, as well as exacting reproductions, create interiors that are past-perfect but with present-day comforts. In the dining room, for example, an 1810 George III table is paired with reproduction Philadelphia claw-and-ball foot chairs. Inspired by a 1760 design, the chairs offer the comfort and practicality of modern construction techniques.



Historical influence is readily apparent in the dining room, where a magnificent 1790 Hepplewhite sideboard underscores a portrait of George Washington.

continued on page Z10

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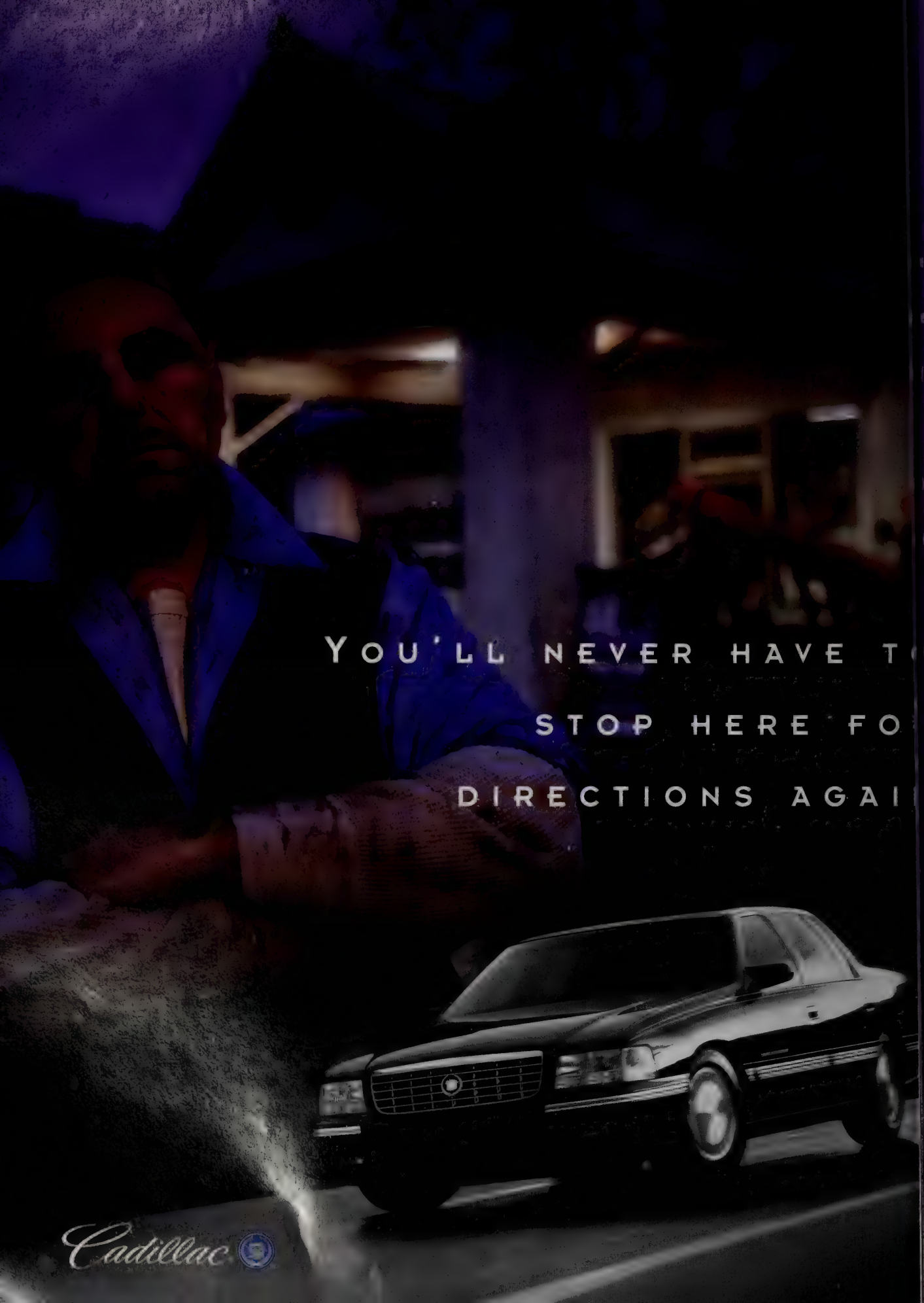


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She has no
concept of what
things cost.

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control freak.

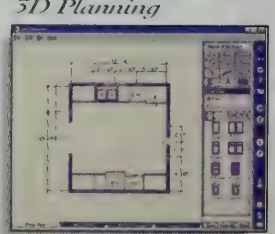
I never
thought
it would
turn out
like this.

How did I
get myself
into this?

Decorating



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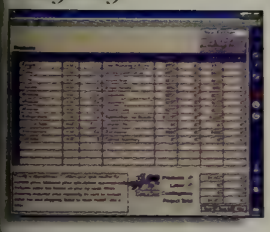
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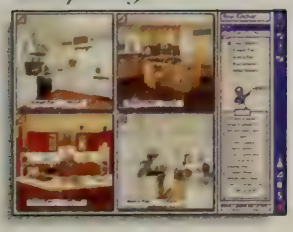
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Baker's "Tortoise Mirror" features a faux finish that was—and is—popular.



"Palace Chambers Green" by Martin Senour mimics a Colonial-era hue.



A curvilinear shape and spade foot characterize this Hepplewhite sofa from Hickory Chair's Mt. Vernon Collection.

Buying information, page Z16

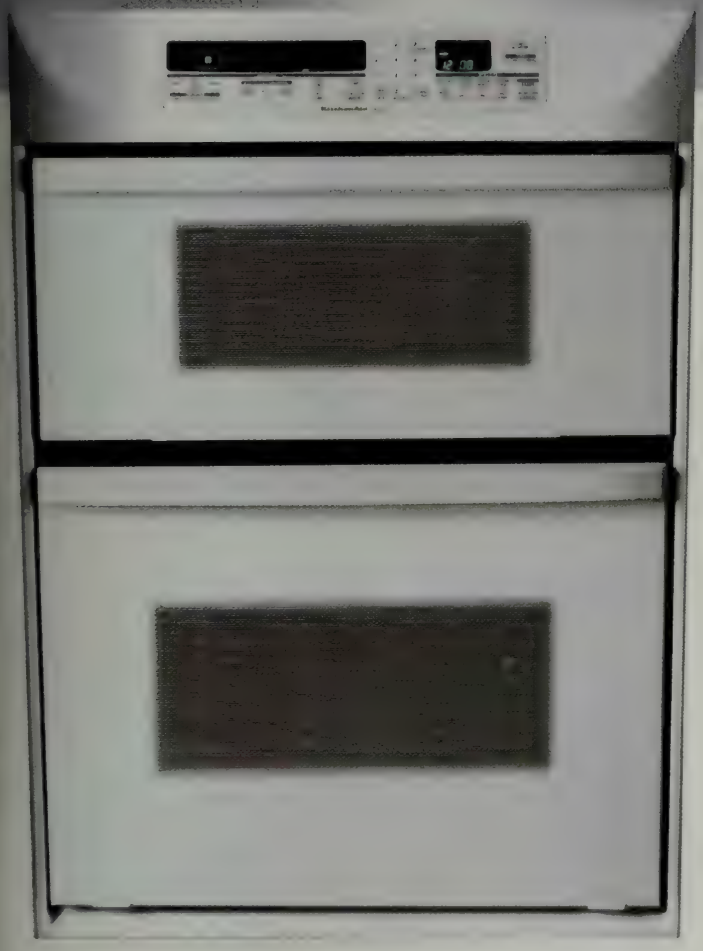


To learn about antiques, there's no substitute for hands-on study, such as going to historical sites, Gulbenk says.

Gulbenk and his wife, Mildred, live in a stately four-square house that evokes the elegance and grace of the Federal era. Inside are pieces that have been in the dealer's personal collection for years (including some treasures he loved so much he bought them back from clients). Each has its own story. One of his favorites involves the discovery of the circa 1760 shell-carved cupboard in the drawing room, *above*. The piece was among several architectural items that Henry Francis du Pont took with him when he handed over Winterthur (his Delaware home) and his decorative arts collection to the public as a museum. When du Pont died, his children sold his second home and the relocated corner cabinet. "The new owners—not appreciating the architecture—removed it and stored it in a nearby barn," Gulbenk says. "That's where I found several cupboards, including this one."

continued on page Z14

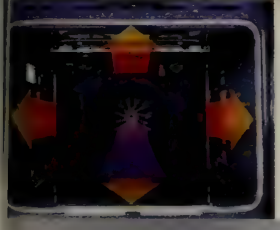
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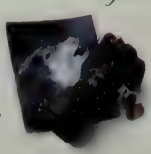
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The intricate carving on Baker's "Philadelphia Dressing Table" is done by hand much as it was in Colonial times.

Buying information, page Z16



Cheery color and airy fabrics lighten the look of solid, antique furnishings.

A discriminating collector, Gulbenk insists on authenticity in every detail of Early American interior design, from paint to fabrics. Daughter Susie Justus, a decorator who shares her father's passion for period furnishings, painted his rooms in historic New England colors, installed reproduction wallpapers, used period-style window cornices, and even found fabrics reproduced from historic documents. While she doesn't ignore comfort, her finished design speaks as much to the soul-soothing nature of the classics as to physical contentment. In the master bedroom, for instance, the unquestionable focal point is a Connecticut slipper-foot Queen Anne highboy (circa 1765–1770). Justus chose a historically correct red-and-white toile for the bed canopy and matching window treatments. The light and airy fabric complements the warm cherry wood while counteracting the heaviness of the piece.

continued on page Z18

As I See It, #27 in a series
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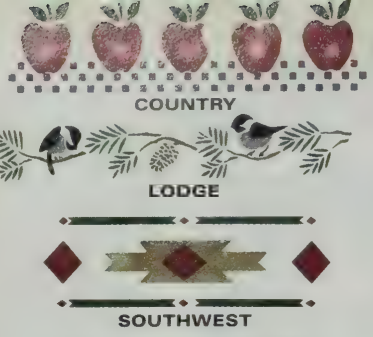
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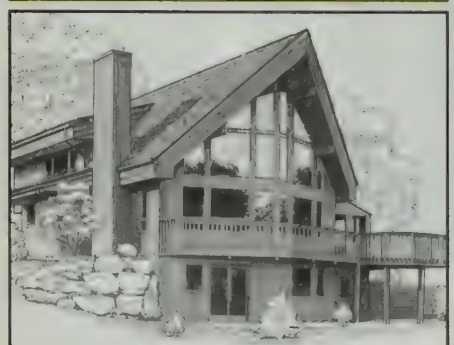
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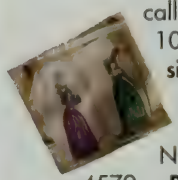
Most of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.



Page Z1: Aitken sideboard, #8302-21; **green damask Hepplewhite sofa,** #8001-71—Hickory Chair Co., P.O. Box 2147, Hickory, NC 28603; 800/349-4579.



Page Z4: Colonial Williamsburg Apothecary Shop chandelier—Virginia Metalcrafters; for a dealer near you call 800/368-1002. **Aitken sideboard,** #8302-21—Hickory Chair Co., P.O. Box 2147, Hickory, NC 28603; 800/349-4579. **People print fabric,** "Journal de la Mode" (Navy and Jewel) #168182, from the Williamsburg Timeless Traditions Collection—Schumacher; for more information call 800/332-3384.



Page Z10: tortoise mirror, #8912—Williamsburg reproduction Furniture by Baker Furniture Co., 1661 Monroe Ave., NW, Grand Rapids, MI 49506; 616/361-7321. **Green paint,** "Palace Chambers," W63-0560—The Colonial Williamsburg Foundation; for more information call 800/446-9240. **Green damask Hepplewhite sofa,** #8001-71—Hickory Chair Co., P.O. Box 2147, Hickory, NC 28603; 800/349-4579.

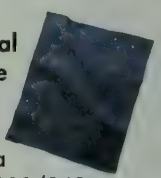




Page Z14: chintz floral fabric, "Plantation Palampore," #16012-1—available through designers and architects from Scalamandré; 800/932-4361. **Open armchair,** #8525; **Philadelphia dressing table,** #8809—Williamsburg Reproduction Furniture by Baker Furniture Co. (address above).

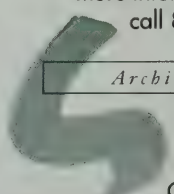


Page Z18: blue damask fabric, "Carolina Damask," #20017A-8; **red damask fabric,** "Carolina Damask," #20017A-9—available through designers and architects from Scalamandré; 800/932-4361. **China cabinet,** #2535, from the Historic Charleston Collection—Baker Furniture Co. (address above). **Blue paint,** "James Southall" W63-1173—The Colonial Williamsburg Foundation; for more information call 800/446-9240.



Page Z20: Colonial Williamsburg Palace Ballroom candlestick lamp—Virginia Metalcrafters; for a dealer near you call 800/368-1002. **Wing chair,** #6416, from the Historic Charleston Collection—Baker Furniture Co.,1661 Monroe Ave., NW, Grand Rapids, MI 49506; 616/361-7321. **Mini-print fabric,** "Norwich Floral," (cream) #25140, from the Williamsburg Collection—Schumacher; for more information call 800/332-3384.





Architects & Designers

Pages Z1–Z20: interior design—Susie Justus, Cinnamon Hill Antiques, Inc., Cinnamon Hill, 6608A Highway 100, Nashville, TN 37205; 615/352-6608.

Location—Cinnamon Hill Antiques, Inc., Cinnamon Hill, 6608A Highway 100, Nashville, TN 37205; 615/352-6608.

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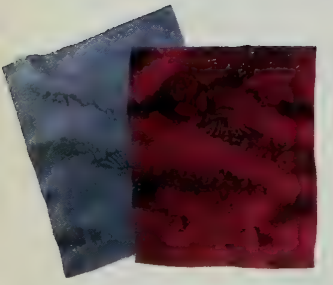
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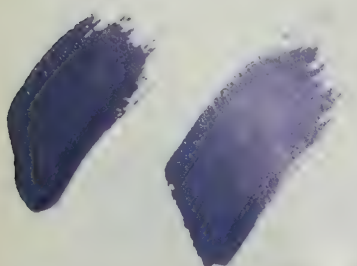


Scalamandré's "Carolina Damasks" conjure the charm of historic Charleston.



This bonnet-top china cabinet from Baker was reproduced from a circa 1790 piece.

"James Southall Blue" is from Martin Senour's extensive palette of authentic Williamsburg paints.



Buying information, page ...



Gulbenk seeks out only the best pieces, so that his antiques will be enjoyed for generations to come.



In one corner of the "Connecticut" bedroom, a pine corner cupboard—filled with English porcelain—crowns a comb-back Windsor chair.

Distinguishing a genuine Early American antique isn't hard if you do your homework, Gulbenk says. "There are no absolutes, because antique furniture was made by individual craftsmen who had their own idiosyncrasies."

To illustrate his point, in the bedroom *above*, a pair of reproduction pine pencil-post beds share quarters with a more refined 1750 highboy. Though different in style, they blend beautifully. Classic styling makes the mix work.

continued on page Z20



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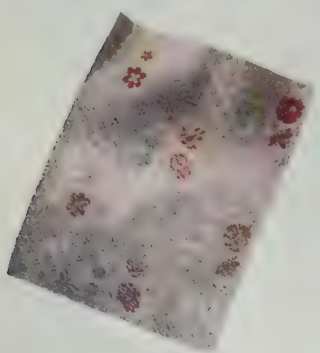
DUPONT



Virginia Metalcrafters' candlestick lamp is a modern adaptation of period design.



From the Historic Charleston Collection, Baker's wing chair wears a modern plaid to accent its classic curves.



Inspired by a wool brocade dating back to 1770, "Norwich Floral" is part of Schumacher's Colonial Williamsburg Collection.

Buying information, page Z16



Throughout this home, museum-quality pieces—such as the Federal bed and Chippendale secretary *above*—command attention. But warm woods and comfortable fabrics are anything but hands-off. If you're not smitten with "the hunt," authentic reproductions can give you the look at a fraction of the cost. "A good reproduction will grace your home and become an antique while you own it," Gulbenk says. If you replace it later with the "genuine" article, "it will still be a piece you'll be proud to have and pass along to your children."

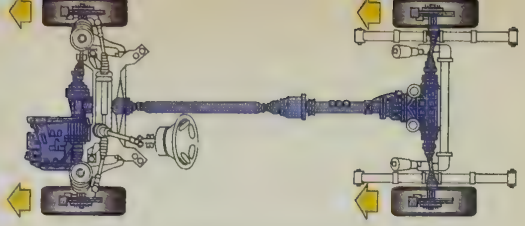


In the front entry, a drop-panel chest anchors an oil painting that dates back to 1692. The pièce de résistance, though, is a late 18th-century Roxbury tall-case clock.

continued on page Z22



Gloves, maps and such can go in Caravan's tilt-out glove box. And some models have handy front door pockets for additional storage.



Caravan's available all-wheel-drive system features an inter-axle viscous coupling that automatically gives more torque to the rear wheels as needed.



When we redesigned Caravan we rounded the corners for a more aerodynamic shape, and still found a way to get 32 more cubic feet of room inside.

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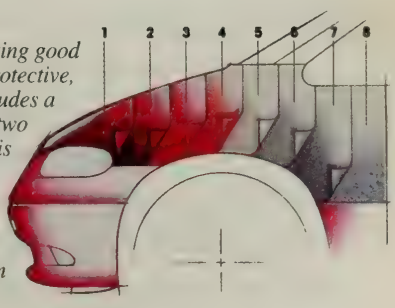


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Caravan The New Dodge

"Go to a reputable dealer who will give you a guarantee and buy one good thing at a time," Gulbenk says.

Here's how to evaluate the authenticity of an antique:

• *Form.* Develop an understanding of the distinguishing characteristics of various historic furniture styles, such as Hepplewhite, Chippendale, and William and Mary, says Gulbenk. Most dealers will be happy to share their knowledge. Or, look for books that offer basic information.

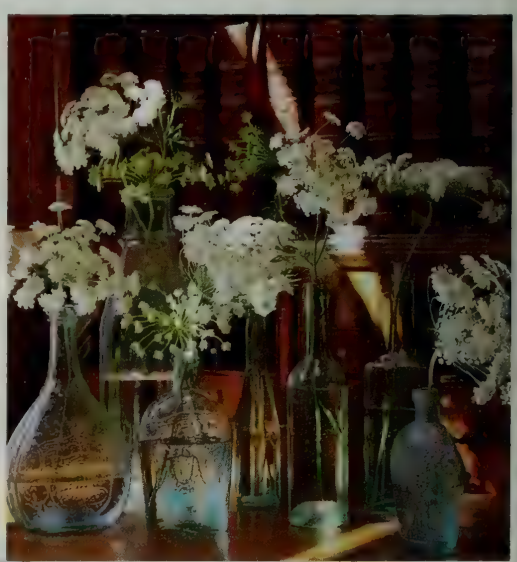
• *Wood.* Imported mahogany was the primary wood found in most fine pieces made in the urban centers—Boston, New York City, Philadelphia, and Baltimore. Furniture crafted away from these urban centers often contained native woods.

• *Construction.* Look for dovetails on drawers and hand-planed boards. Also, the backboards of chests and sideboards were almost always nailed. "An antique may have all or many of the original handmade rosehead (square) nails or at least an indication of where these nails were," he says.

• *Finish.* Most antique furniture originally had a shellac finish which, if untouched, has a dry, crackled look. "This is preferable by far to a piece that's been stripped, sanded, and finished, destroying the soft patina that only age can bring," Gulbenk says.



English Coalport china (dating to 1810) and old English silver team up on this elegant dining table, given a finishing touch with an exquisite Georgian epergne. The traditional centerpiece is particularly fitting for this kind of formal setting.



Originally used for purely utilitarian purposes—for medicine or whisky—these 19th-century aquamarine bottles provide the perfect modern-day vases for stems of Queen Anne's lace.



Named for the Tobias character from Chaucer's "Canterbury Tales," these 19th-century Toby jugs are just a few from Gulbenk's extensive collection. Pulled into a single grouping, the colorful figures have a dramatic impact.

Nothing else says

ERE LIVES A COOK, COME IN *and* SIT DOWN.

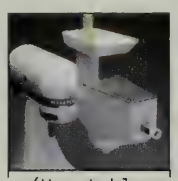



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How To Keep Your Snoring From Driving Your Spouse Out Of The Bedroom, Or Her Mind, Whichever Comes First.

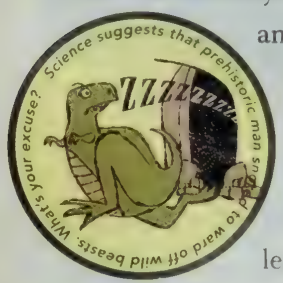
If you snore and your spouse has never threatened you with bodily harm, consider yourself lucky. Because nothing can drive someone insane faster than lying awake listening to a snorer's nocturnal cacophonies.

In fact, according to a recent study, snoring tops the list of bedroom annoyances, with more than half of all adults complaining that they've been rudely awakened by the grating noise.



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Here are some other things you can try to keep from snoring.

Avoid Alcohol. Alcohol relaxes the muscles, which can increase snoring. So no cocktails at least four hours before hitting the sheets.



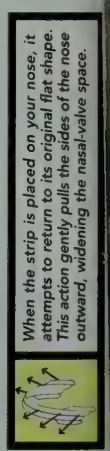
Quit Smoking. It can increase nasal congestion. By quitting, you can reduce the likelihood of snoring.

Lose Excess Weight. If you are carrying a few extra pounds, it pays to get rid of them. This will help reduce the likelihood of snoring. As an added bonus, you won't have to struggle to fit into your pajama bottoms.



Try Sleeping On Your Side. In this position, your mouth is more likely to remain closed, which can help keep you from snoring.

Talk With A Doctor. Certain medications can, in fact, contribute to snoring. And in some cases, snoring may indicate a more serious condition. Either way, you'll want to discuss it at your next check-up.



To receive your free snoring booklet, call 1-800-858-NOSE or contact us on the World Wide Web at http://www.breathright.com



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***Queen size bed shown. King available. Matching rails available*

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Even informal evenings with friends take on an air of elegance around this Chesapeake Queen Anne Table, $900. (Two 15" aproned leaves extend table to seat eight.) Matching Side Chair, $215, and Arm Chair, $250. Store treasures within the lighted, mirror-backed China, $1625, with curio ends. Server, $590. The two-drawer Sideboard, $625, above, is an adaptation of the English huntboard and includes a drop-in tray for silver.



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*Upholstery pieces available in other fabrics. Prices vary with fabric and style.

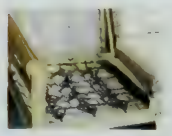
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*The Chesapeake Pediment Bed, $440**, is an heirloom in making. The footboard's turned blanket rail and brass a are authentic Georgian design elements. The headboard pediment is repeated in the Landscape Mirror, $275. T Dresser, $625, features fluted pilasters. Night Stand, $2 The beautifully detailed Lingerie Chest, $440, below, f six positive stop drawers that won't tilt or fall out when*

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Downsview	Brooklyn Furniture & Appliance
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Scarborough	Brandsmart Furniture
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Editor's Choice Fruit Tree Offer



Be the first in your neighborhood to plant the **pawpaw** and grow some banana-custard fruit. This Editor's Choice fruit ("Gardener's Almanac," *page 144*) is very high in protein and vitamins A and C. The pyramid-shaped tree tolerates poor soils and is virtually pest free. Trees will bear fruit in about four years. Our two-tree package (for proper pollination) is available to our readers by special arrangement with Miller Nurseries. Trees are shipped in pots at the proper time for planting in your zone (approximately March 15, 1997, to May 30, 1997). Sorry, we cannot ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.

TO ORDER, send a check or money order for $31.95 to *Better Homes and Gardens®* Reader Shopping Service, Dept. 9703, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066. The price of the two-tree pack includes shipping, handling, and applicable sales tax.

Indoor Orchids

The orchids shown on *pages 149 to 154* are available by arrangement with Orchids by Hausermann. The **Phalaenopsis hybrid** (white) arrives in a 5-inch pot, is of flowering size (about 6 inches at shipment), and matures to about 8 to 10 inches. The **Oncidium Gower's Ramsey** comes in a 3½-inch pot, is of flowering size (about 10 inches at shipment), and matures to about 15 to 20 inches. The **Paphiopedilum Coloratum** is a hybridized variety that's as easy to care for as the Paphiopedilum Sukhakulii. It arrives in a 3-inch pot, is near flowering size (about 3 inches at shipment and about one year from flowering), and matures to about 5 to 6 inches. The **Haemaria discolor** arrives in a 3½-inch pot, is of flowering size (about 6 inches at shipment), and matures to about 8 to 10 inches. The **Epidendrum cochleatum** arrives in a 3-inch pot, is near flowering size (about 6 inches at shipment and about one year from flowering), and matures to about 10 to 12 inches. Orchids will be shipped at the proper time for your zone (about March 16, 1997, to September 1, 1997). One orchid costs $26.95; additional orchids cost $22.00 each. Prices include shipping, handling, and applicable sales tax.

TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. For mail orders, list varieties desired and calculate total from prices shown *above*. Then send a check or money order for the correct amount to *Better Homes and Gardens®* Reader Shopping Service, Dept. 9703, Box 9128, Des Moines, IA 50306-9128. *Sorry, we cannot ship orchids to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*





reader shopping

Better Homes and Gardens®

Diamond Jubilee™ Rose



To celebrate the 75th birthday of *Better Homes and Gardens®* magazine, we've had this charming rose grown exclusively for our readers.

Better Homes and Gardens **Diamond Jubilee** is a silvery cream hybrid tea rose with deep raspberry edges. A homegrown American rose, (originally hybridized in California), it is grown for us by Certified Roses. This rose is available *exclusively* from the pages of our magazine and is not available in nurseries or from mail-order outlets.

Our rose features buds with high centers that are perfect for cutting. Bushes produce large, tall plants about 5½ feet high. The foliage is large and dark green in color with a leathery texture. Strong stems produce single blooms, and production of flowers is continuous throughout the season. Blooms have a slightly fruity fragrance. Bushes require a minimum of care; are above average in disease tolerance; and, with normal care, are cold tolerant to Zone 3.

The price for one rose is $18.95, two roses cost $34.95, and three roses cost $49.95. Additional roses are $15 each. A charge of $9 per order (regardless of the number of roses ordered) will be added for shipping, handling, and applicable sales tax. Your bareroot roses will be shipped at the proper time for planting in your zone (about January 15 to May 20, 1997). *Sorry, we are unable to ship this rose to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*

To Order with your Mastercard, Visa, or American Express card, call 800/881-4066. Or, send a check or money order for the total to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 9702, Box 9128, Des Moines, IA 50306-9128.



reader shopping

Anniversary Sampler



Also in celebration of the 75th birthday of *Better Homes and Gardens*® magazine, we've created this stunning cross-stitch sampler for our readers.

The **I Love My Home, I Love My Garden Anniversary Sampler** was designed with the simple motifs of homes and flower gardens to convey the message of this magazine's unwavering commitment to helping readers have better homes, better gardens, and better lives with their families. This sampler kit, manufactured by Banar Designs, is available *exclusively* from the pages of our magazine and is not available in retail stores.

We are pleased to offer the kit in stamped (printed) cross-stitch (finished size 18×16 in.) or counted cross-stitch (finished size 13×12). Each kit comes with a full-color photo, silk-screened unbleached muslin fabric for stamped version or 14-count ivory cotton Aida fabric for counted version, embroidery floss, needle, chart, and complete instructions. All fabrics and floss are made in the U.S.A. or imported, depending on availability. The price of the kit is $18.95, which includes shipping, handling, and applicable sales tax.

To Order with your Mastercard, Visa, or American Express card, call toll free 800/881-4066. To order by mail, send a check or money order for $18.95 to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 9703, Box 9128, Des Moines, IA 50306-9128. *Be sure to specify stamped or counted version.*

by Craig Summers Black and Mark Kane



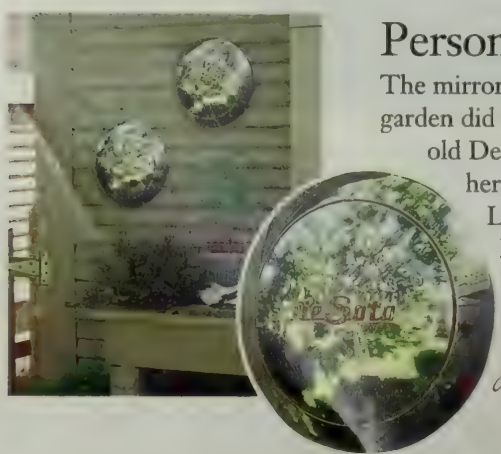
Mature Pawpaw Fruit

EDITOR'S CHOICE

The pawpaw patch. With the newly intensified interest in edible landscaping, experienced gardeners are welcoming the revival of the pawpaw, an almost-tropical-looking 25-foot-tall landscape tree with foot-long leaves. This pyramidal tree bears half-pound fruit the consistency of creamy custard with a taste somewhere between strawberry and banana. Its winter hardiness is still being debated, but since the pawpaw is sometimes called the Michigan banana, rest assured it will make it through 15 below. Some pawpaw pioneers say minus 15 is a cakewalk for this broadleaf deciduous tree and swear it will take another 10 degrees of bone-chilling cold. Grow it in sun or part shade. You might try two different varieties because you need two trees to bear fruit.

Buying information, page 137
To order pawpaw trees package, see page 141

TEST GARDEN TIP

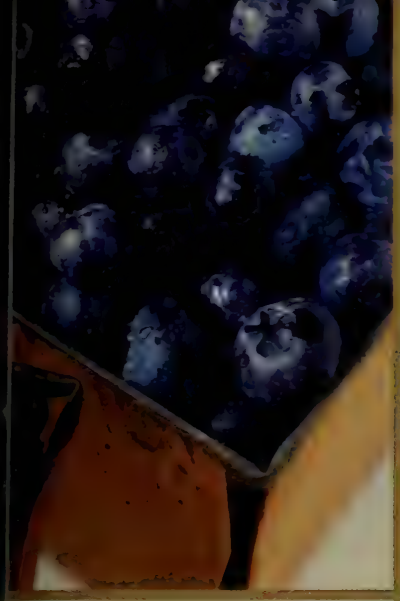


Personalizing Your Garden

The mirrored surfaces above the potting bench in this Portland, Oregon, garden did not come from a pricey catalog. They came from the wheels of an old De Soto. Now this gardener's love of antique autos shines throughout her garden (behind that garage wall lurks a polished old Porsche). Like antique Victorian gazing balls, these polished hubcabs reflect her garden in 180 degrees, giving it an otherworldly—and highly personal—perspective.

A gardener reflects on her love of Classic Cars

continued on page 146



"No fake blueberries in my Blueberry Morning®."

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SMART GARDENING





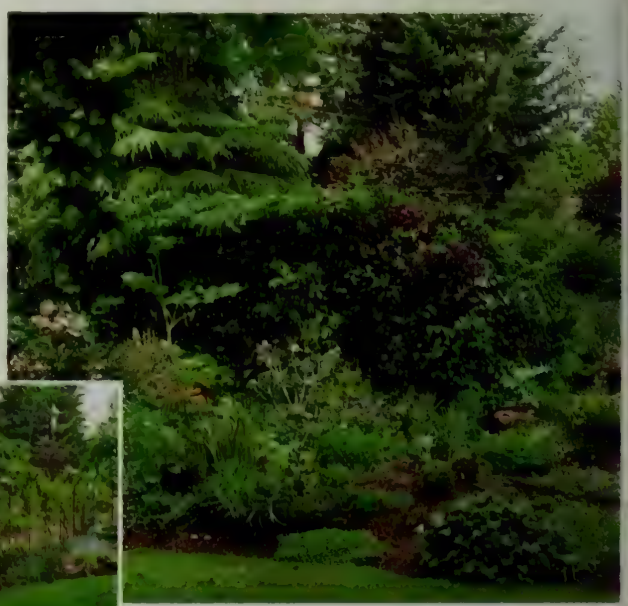
Critter-Proof Cages.

Joe and DeDe DeJager solved their steep-slope problems by building terraces and raised beds for their kitchen garden. But there remained one more problem—marauding rabbits. So they fashioned easily removable cages that fit perfectly on each neatly tended bed.

LOOKING GOOD

A Scintillating Screen.

Donna Freeman likes her privacy, even in her front yard. She built a simple rebar-and-wire screen for her Lake Oswego, Oregon, home and covered it with flowering vines. As jasmine, climbing roses, grapes, clematis, and wisteria climb each year on this 6-foot-tall living wall, she attains maximum privacy during the peak outdoor season. The L-shaped screen also frames her front-yard perennial bed. For the less adventurous gardener, this idea would work equally well in a backyard landscape or as a shorter screen—say 3½ to 4 feet—out front. Another variation: The posts could be inserted into deep pipes in the ground and the whole screen removed after the growing season ends and the screen grows stark.







In spring (*center inset*), the floral climbers start reaching up the screen. By midsummer, the house is shielded from view (*left*), and the front yard (*right*) feels quiet and secluded, even though neighbors are near.


To Do
Bike tuneup
Call Hunt Club 2:30 Sat.
- treats for Parable
- Homework
Farmers' Market
Buy rabbits
Derby to Vet
Book store
Pick up artwork
Theater tickets
THE DREADED
"TO-DO" LIST.
THE EVERYDAY
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Competitive equestrienne. Makes own jewelry.
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Husband: Mark. Cat: Derby.
Horse: Parable.
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Pattern shown

by Craig Summers Black



Easy Indoor Orchids

Orchids grow everywhere—well, everywhere except Antarctica—so if they can flower all by their lonesome out in the harsh hinterlands, imagine how brilliantly they will perform with a little coddling in the sheltered confines of your warm, snuggly home. And when an orchid blooms, the blossoms last weeks, sometimes even months, keeping many plants in flower almost continuously. Some orchids, of course, are easier to take care of than others. This is their story.

continued on page 150

Easy Indoor Orchids



Phalaenopsis:
These popular hybrids are the easiest orchids to make flower. The arching sprays of blooms come in white, pink, yellow, near red, even spots and stripes.

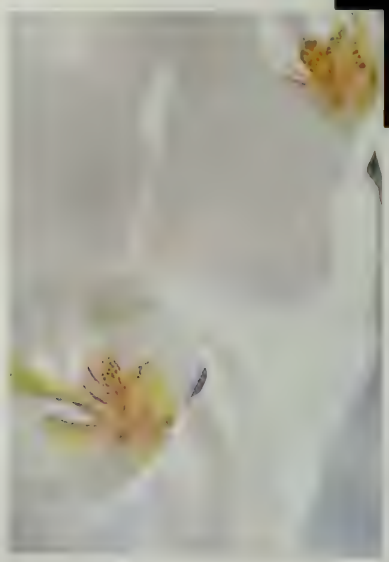
Blooms:
Winter and spring

Light:
Medium

Temperature:
Intermediate

Plant height:
10 to 20 inches

Flowers:
3 to 5 inches wide on tall stems



These five orchids come as close to being bullet-proof as any flower can. They need very little. Some don't even need soil. Give them ample light, but not direct sun. A good indicator of appropriate light is the color of the leaves; they should be a bright lime green. A deep, lush green means they need more light; brown, scorched leaves mean—well, you know. Soak the growing medium thoroughly (once a week in winter, twice in summer), but don't let plants stand in water. Keep a close eye on your orchids at first, and plan to experiment some as you dabble with light and water.

continued on page 152

INTRODUCING OUR NEW RICE VARIETIES

All this comes in one can.



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Rice to improve digestibility, so your dog gets more of the nutrition she needs from the food.



Protein from real meat to help her build strong muscles.





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All the nutrition your dog needs for a long and healthy life.

Every can contains 100% of the balanced nutrition your dog needs for a healthy, active life—no other dog food can beat it. And with rice, which is easy to digest, your dog will get more of the nutrition out of it. Oh, and the meaty taste ALPO's long been famous for? That's in there, too.

A GREAT DOG DESERVES **ALPO**

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Easy Indoor Orchids



Oncidium:
Gowers Ramsey is a can't-miss variety, reliably bursting forth with several arches of scores of fanciful little ballerina flowers.

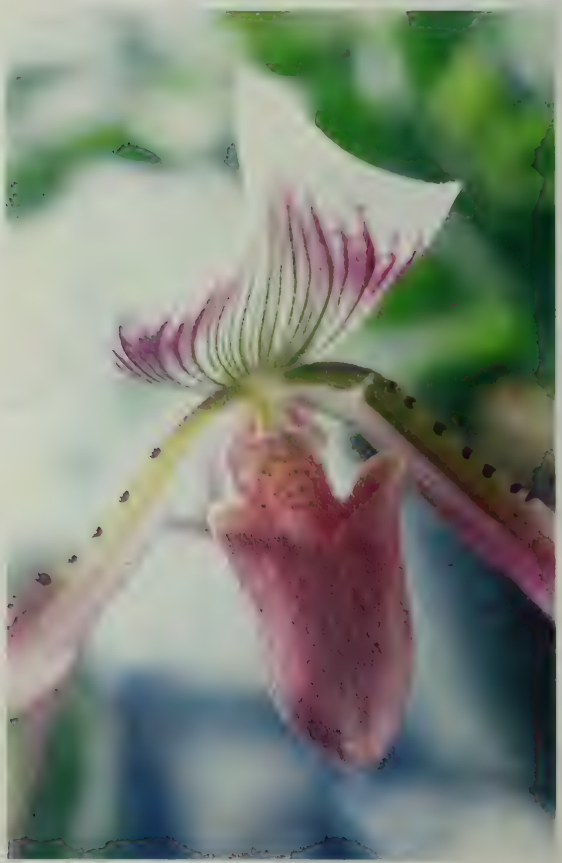
Blooms:
Winter

Light:
Medium to high

Temperature:
Intermediate to warm

Plant height:
To 16 inches

Flowers:
2½ inches long on tall stems



Paphiopedilum:
The sukhakulii and callosum varieties are forgiving houseplants with attractively speckled foliage. They grow in soil, which they like a tad moist.

Blooms:
Spring through fall

Light:
Low to medium

Temperature:
Intermediate

Plant height:
To 10 inches

Flowers:
4 to 5 inches wide on medium stems

continued on page 154

RIMADYL
(carprofen)
Caplets

Non-steroidal anti-inflammatory drug
For oral use in dogs only

CAUTION: Federal law restricts this drug to use by on the order of a licensed veterinarian.

DESCRIPTION: Rimadyl (carprofen) is a non-steroi anti-inflammatory drug (NSAID) of the propionic acid class that includes ibuprofen, naproxen, and ketoprofen.

INDICATIONS: Rimadyl is indicated for the relief of and inflammation in dogs. Rimadyl was shown to b clinically effective for the relief of signs associate with osteoarthritis in dogs.

DOSAGE AND ADMINISTRATION: The recommen dosage for oral administration to dogs is 1 mg/lb of weight twice daily. Caplets are scored and dosage should be calculated in half-caplet increments.

CONTRAINDICATIONS: There are no known contra indications to this drug when used as directed. Rimadyl should not be used in dogs exhibiting prev hypersensitivity to carprofen.

PRECAUTIONS: The safe use of Rimadyl in pregna dogs, dogs used for breeding purposes, or in lactat bitches has not been established. Studies to deter the activity of Rimadyl when administered concom tantly with other protein-bound drugs have not bee conducted. Drug compatibility should be monitored closely in patients requiring additional therapy.

As a class, cyclo-oxygenase inhibitory NSAIDs ma be associated with gastrointestinal and renal toxic Sensitivity to drug-associated adverse effects vari with the individual patient. Patients at greatest risk for renal toxicity are those on concomitant diuretic therapy, or those with renal, cardiovascular, and/or hepatic dysfunction. Since many NSAIDs possess t potential to induce gastrointestinal ulceration, con comitant use of Rimadyl with other anti-inflammato drugs, such as corticosteroids and NSAIDs, should be avoided or very closely monitored.

Rimadyl treatment was not associated with renal toxicity or gastrointestinal ulceration in safety stu of up to ten times the dose in dogs.

Rimadyl is not recommended for use in dogs with bleeding disorders (e.g., Von Willebrand's Disease), as safety has not been established in dogs with these disorders.

WARNINGS: Keep out of reach of children. Not for human use. Consult a physician in cases of accidental ingestion by humans. **For use in dogs only.** Do not use in cats.

The material safety data sheet (MSDS) contains more detailed occupational safety information. To report adverse reactions in users or to obtain a copy of the MSDS for this product call 1-800-366-5288.

ADVERSE REACTIONS: During investigational studies, no clinically significant adverse reactions were reported. Some clinical signs were observed during field studies which were similar for carprofen and placebo-treated (control) dogs. Incidences of the following were observed in both groups: vomiting (4%), diarrhea (4%), changes in appetite (3%), lethar (1.4%), behavioral changes (1%), and constipation (0.3%). The product vehicle served as the control.

STORAGE: Store at controlled room temperature 15°–30°C (59°–86°F).

HOW SUPPLIED: Rimadyl caplets are scored, and contain 25 mg, 75 mg, or 100 mg of carprofen per caplet. Each caplet size is packaged in bottles containing 100 or 250 caplets.

TAKE TIME  OBSERVE LABEL DIRECTIONS

Distributed by
Pfizer **Animal Health**
Exton, PA 19341, USA
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NY, NY 10017

NADA #141-053, Approved by FDA



arthritis pain took your dog out of the picture, where would you be,

BESIDES A LITTLE LOST?

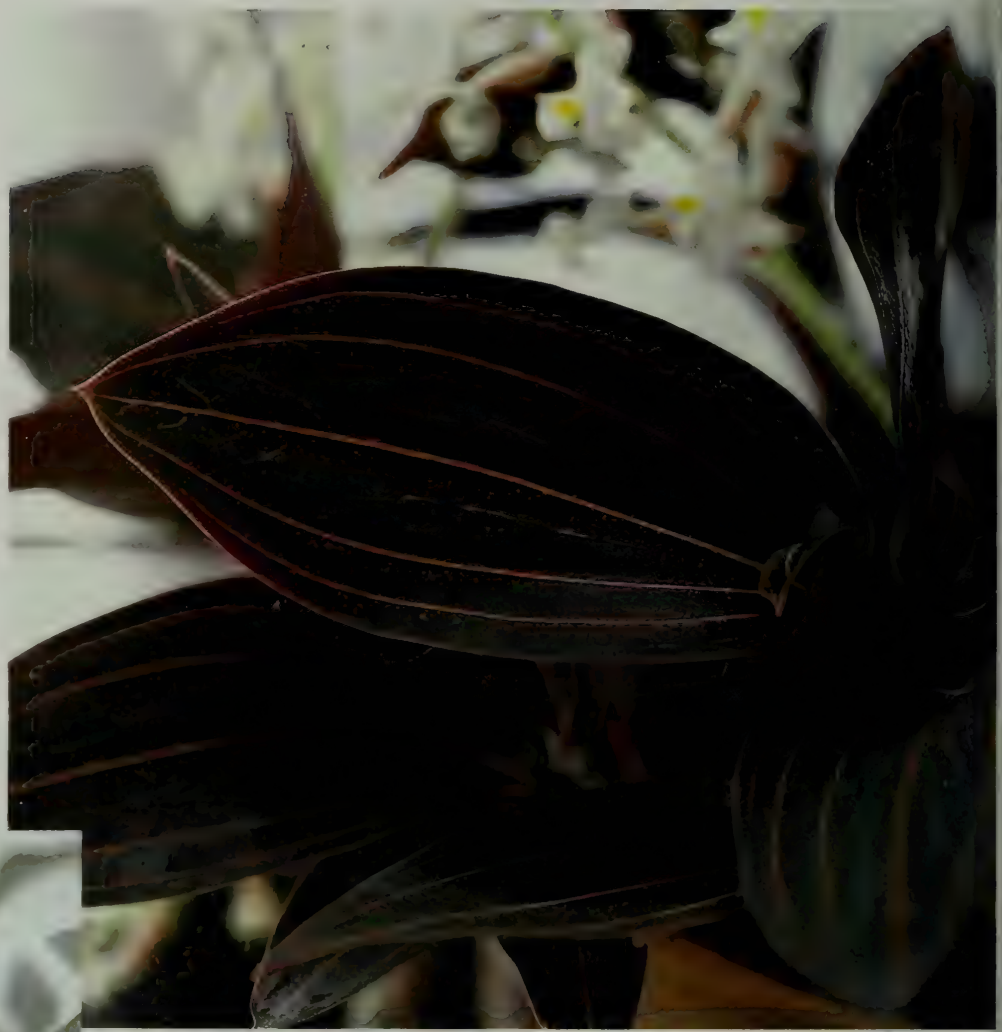
u've always enjoyed those long walks with your best friend. Problem is, joint pain and inflammation can sometimes ake it difficult for him to lead the way. That's why it's important to recognize the early signs of osteoarthritis, and nat to do when they appear. In mild cases, you'll notice stiffness and difficulty rising, walking and climbing stairs. osteoarthritis becomes more severe, your dog won't act like himself. He'll resist your touch, he'll whimper and 'll limp. If you notice any of these signs, see your veterinarian. And when you discuss treatment, ask about Rimadyl® arprofen) caplets, a new pain reliever that can help a dog suffering om arthritis. So you and your family can continue to enjoy all those ng walks he takes you on. For more information, call 1-800-720-DOGS, visit our web site at www.pfizer.com/ah.

e brief summary on adjacent page for important information.



Pfizer Animal Health

Easy Indoor Orchids



Jewel orchid:
This is another terrestrial, meaning it also grows in soil. Formally called *Haemaria discolor*, it is grown as much for its velvety leaves as for its many spikes of teensy-weensy flowers.

Blooms:
Winter

Light:
Low to medium

Temperature:
Low to intermediate

Plant height:
To 8 inches

Flowers:
¼-inch wide on medium stems



Epidendrum cochleatum:
An intriguing "upside-down" orchid whose successions of cockleshell flowerings can, with age, truly be in continuous bloom.

Blooms:
Summer and fall

Light:
Medium to high

Temperature:
Intermediate to warm

Plant height:
To 24 inches

Flowers:
To 4 inches long on tall spikes



Buying information, page 139
To order orchids, see page 141

The 1997 LeSabre.
The family's safely home...



Out there, you rely on things like the safety of LeSabre's dual air bags.* You rely on the performance of its anti-lock brakes. And your family relies on you. For more reasons why you and your family can rely on LeSabre, visit our Web site at http://www.buick.com or call 1-800-4A-BUICK.

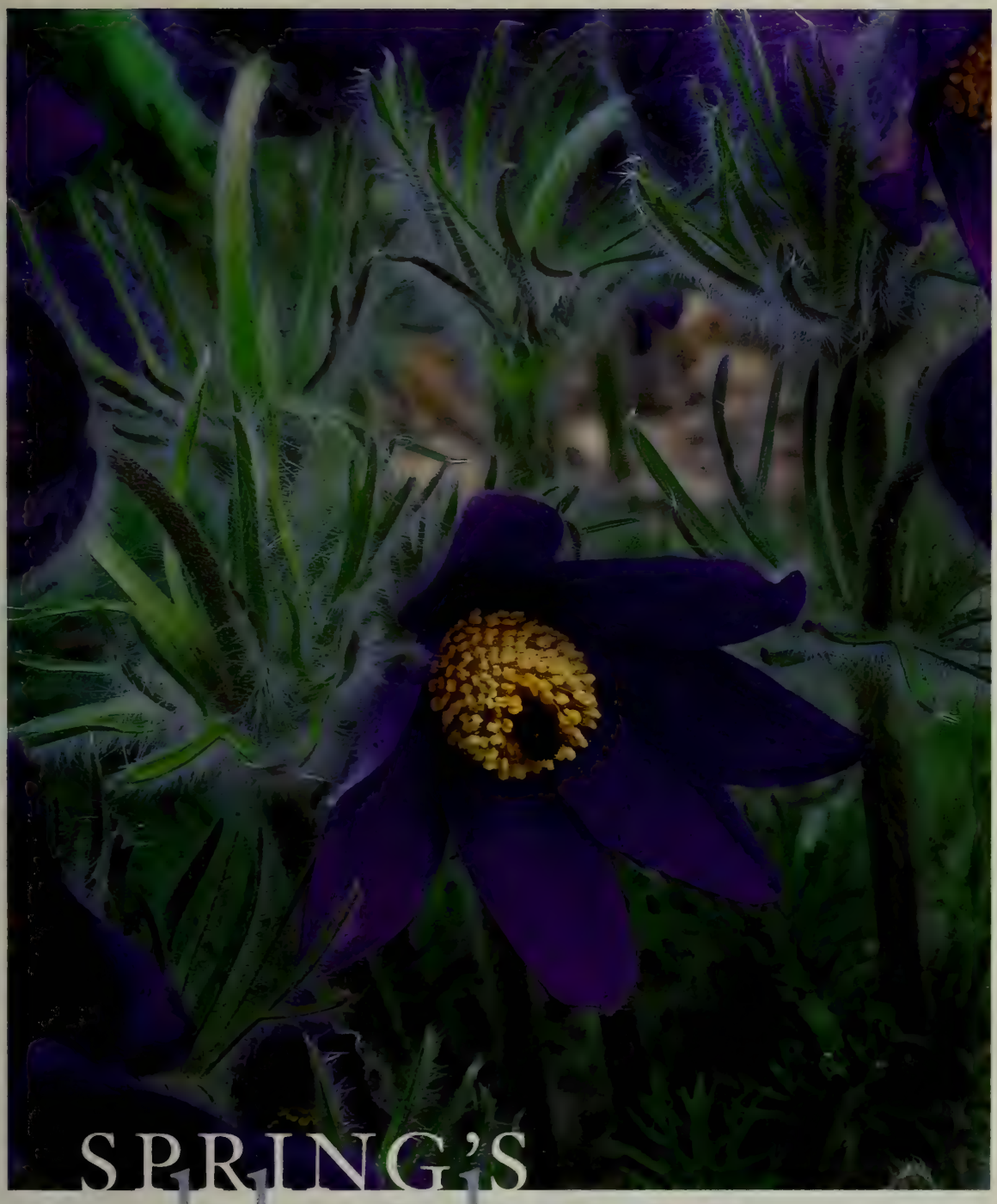
LeSABRE
PEACE OF MIND



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*Always wear safety belts, even with air bags.

BUICK


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MISTY
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SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.



SPRING'S blue hues

by Craig Summers Black

Plant explorer Dan Hinkley mentions only in passing his treks through rugged Nepali territory guarded by wary snow leopards. But get him started on the many plants he's found on these treacherous expeditions and, well . . . There's the fabled Himalayan blue poppy, the new blue corydalis from China, or this *Anemone Pulsatilla* (*above*). It's long-lived, beautiful even in seedhead. And look at the way its silky tendrils glow. Other such unheralded flowers can pick up the pace in the garden during late spring's post-bulb transition. Some of the best of them are blue.

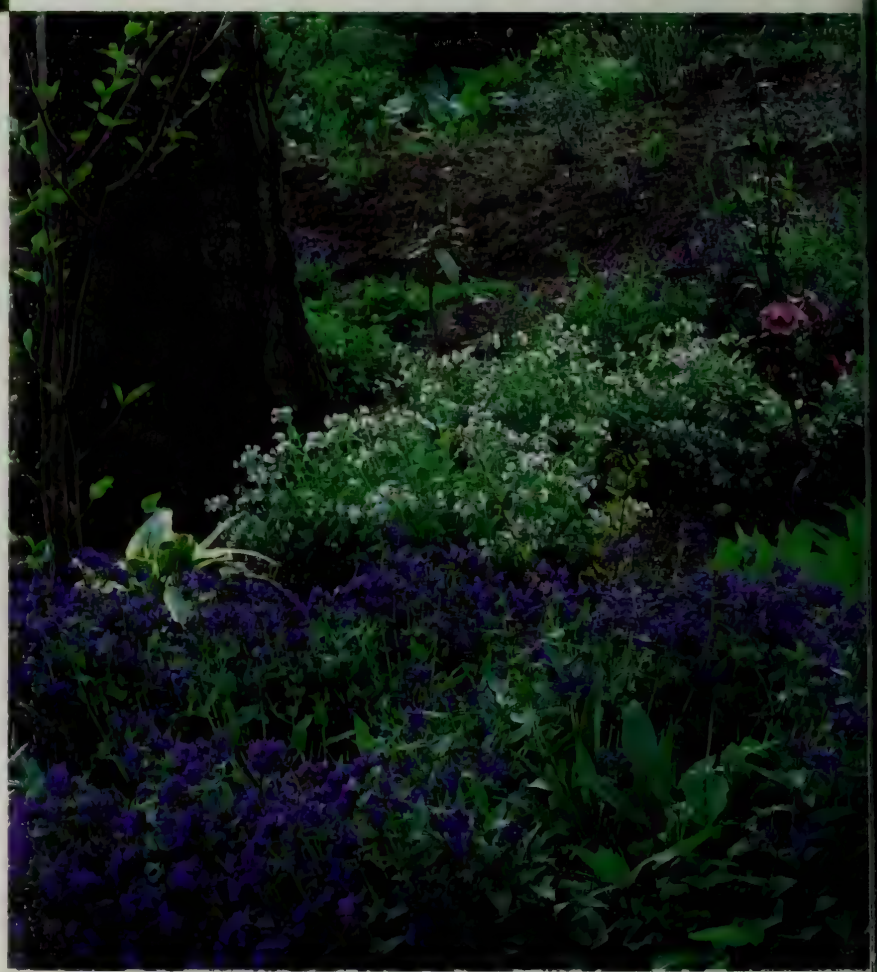


Dan Hinkley on the famed blue poppies of the Himalayas: "Their reputation for rarity and difficulty is absolutely unjustified. They are easily raised from seed. In fact, I have more problem raising the Oriental poppy."

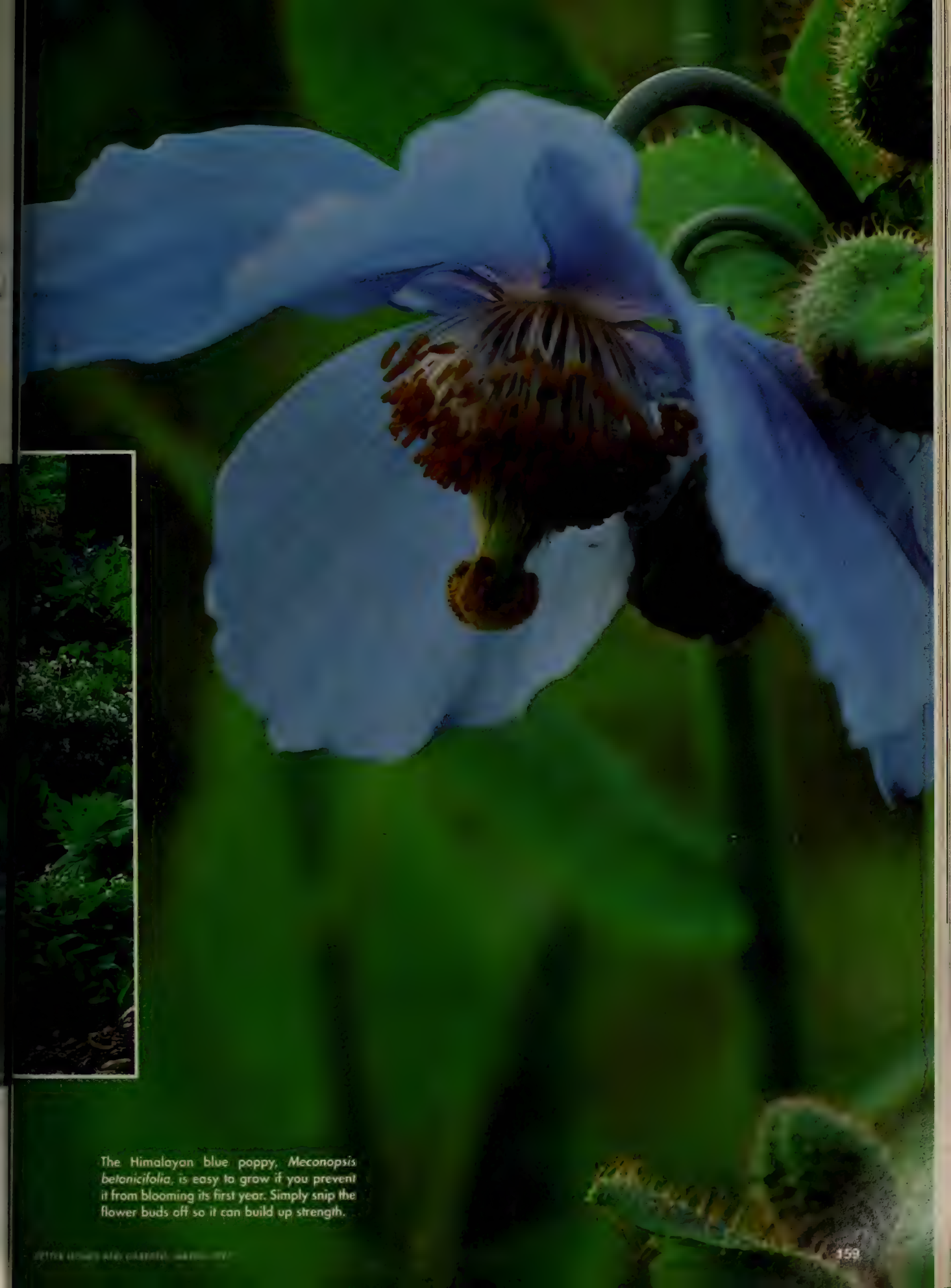
Dan is forever returning home from his travels with armloads of new plants, sometimes figuring out how and where to use them in his garden only long afterward.

"My garden brings the two types of gardener in me together," he says. "It's a plantsman's garden—I'm a collector, always acquiring new plants. And it's a designer's garden—using plants not just because they're rare, but for effect, in correlation with other plants."

Many of these flowers are true blue and come into flower in his five-acre Kingston, Washington, garden from late February to early June.



Two of the blue-flowered lungworts in Dan's shady woodland garden are *Pulmonaria Glacier* and *P. Benediction*. They are flanked by primroses, which have yet to bloom, and the white-flowering *Symphytum* × *uplandicum variegatum*, a hybrid comfrey with extraordinary variegated foliage.

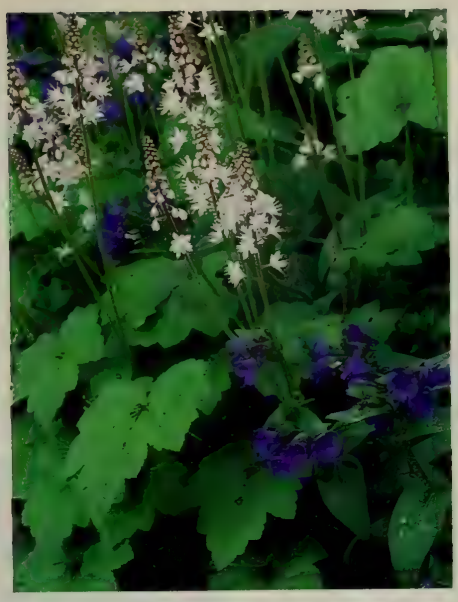


The Himalayan blue poppy, *Meconopsis betonicifolia*, is easy to grow if you prevent it from blooming its first year. Simply snip the flower buds off so it can build up strength.



Drifts of the daisy-petaled *Anemone blanda* make for sweeps of intense color. Hybrids are pink, raspberry, and white.





Shade-hugging *Tiarella Wherryi* squirts above the early-blooming *Pulmonaria angustifolia*.

"Lungworts can also carry the garden through the summer months if cut hard to the nibbins after blossoming."

Pulmonarias, those shade-dappled foliage plants with the bonus blue blossoms, now come "spotted, spooked, marbled, mottled, pewtered, and platinum," says Dan.

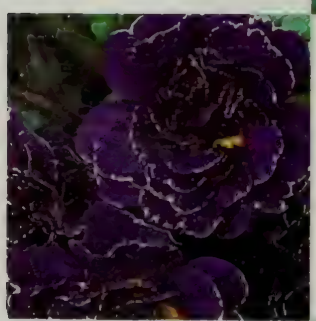
One of his favorite lungworts is *Pulmonaria angustifolia*, which can begin blossoming as early as late February in the Pacific Northwest. "It's low-growing with dark, velvety green leaves and clusters of buds which unfurl and open to rich blue flowers," he says. It grows best in partially shaded conditions in rich soils, "but it's a very forgiving plant." Dan likes to combine it with early yellow narcissi or yellow primroses such as *Primula veris*.

"You can move lungworts around quite easily, too," he says. "And any roots left behind will generally produce new plants."



Soldanella montana is a low-growing herbaceous species quite at home in the woodland garden. Its nodding indigo-blue cups, their petals frilled, rise above glossy mats of foliage.

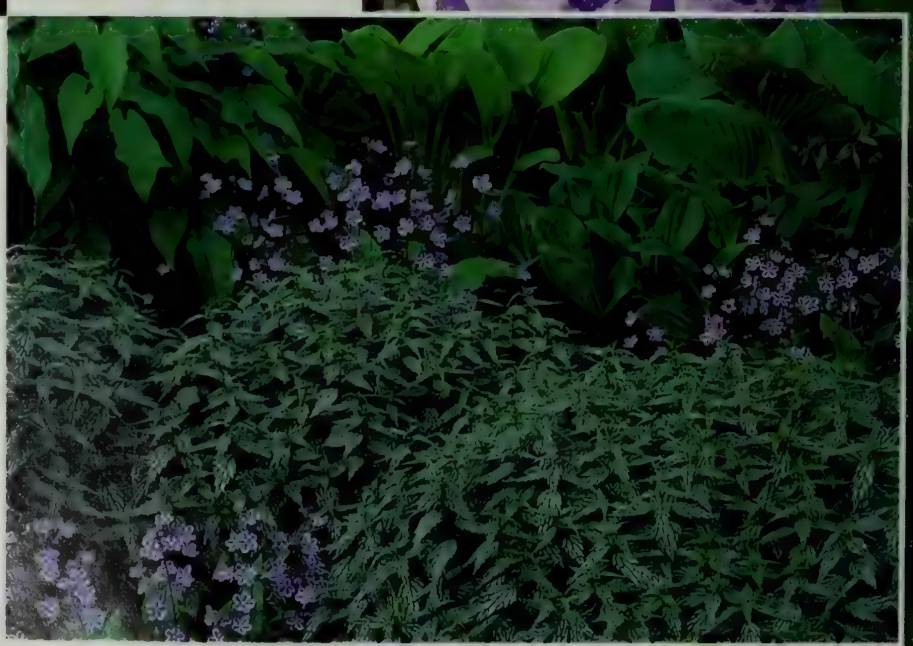




Pulmonaria Benediction has large leafy clumps of dark green foliage with widely spaced silver spotting and spring flowers of dark blue. Some lungwort flowers are white or even shades of pink.



Primula vulgaris Eugenie, like other double-flowered primroses, is a long bloomer. Formerly, as Dan puts it, "kind of hand-me-down cottage garden plants," the doubles are now readily available in nurseries.



The tiny bicolored blooms of *Omphalodes cappadocica Starry Eyes* (inset and right) teeter above *Lamiastrum Galeobdolon Herman's Pride* and *Tricyrtis hirta* × *formosana.*



Dan says he can't help but travel. "It makes me a better gardener. I can see how these plants grow in their native sites. It tells me what I've been doing wrong."

The omphalodes, though a bit of a tongue twister, is another charmer in Dan's garden and at Heronswood, his mail-order nursery. The first to flower is *Omphalodes verna*, which carpets the ground with snaking, prostrate stems, and medium-green leaves. Its tiny deep-blue flowers arrive abundantly in March and are quite long-lasting. "There's also a white-flowered form of the same species," says Dan. "It's considered somewhat rambunctious, though I have never had to remove any from the garden."

Omphalodes cappadocica is a demure species that clumps rather than creeps, and its flowers range from soft mauve to deep blue. Dan calls the Starry Eyes form "pure charm, perhaps the most exciting new perennial to occur in some time." It blooms in his garden from early March through mid-May, peeking out through the lamium, toad lilies, and golden-leaved meadowsweet (*Filipendula Ulmaria Aurea*), "although it combines well with countless others."



Wood hyacinths are bulbs that naturalize easily and are quick to spread.



"My gardening heart forgives my gardener's eye," says Dan. "Where else, save in our gardens, does foolishness and delinquency not only instruct and please, but also inspire?"

The newly discovered *Corydalis flexuosa Blue Panda* (*left*) rises below a hosta and the grassy *Carex elata Aura*.

Purple Leaf (*below*) is the earliest corydalis to bloom in Dan's garden. The blues are clumpers, while the yellow is a spreader.



Dan predicts great things for the new blue corydalis from China. "One, they are gardenworthy long-lived perennials that are not fussy and are easy to grow. Two, they propagate very easily. And three, they are exquisite in beauty." Although Dan has the benefit of a maritime climate, much can be made of the fact that in his garden one blue corydalis or another is always in bloom. Always.

Dan says his expeditions continue to make him a better gardener, but that his collecting instincts too often overpower his garden design.

"If there is any debate, the plant wins. But that's OK, I'm gardening for myself. The bottom line is: It's rewarding to step out into the garden after a day of work. It makes me happy."

Buying information, page 139
To order perennials, see page 136

When you love your garden but hate your allergies...



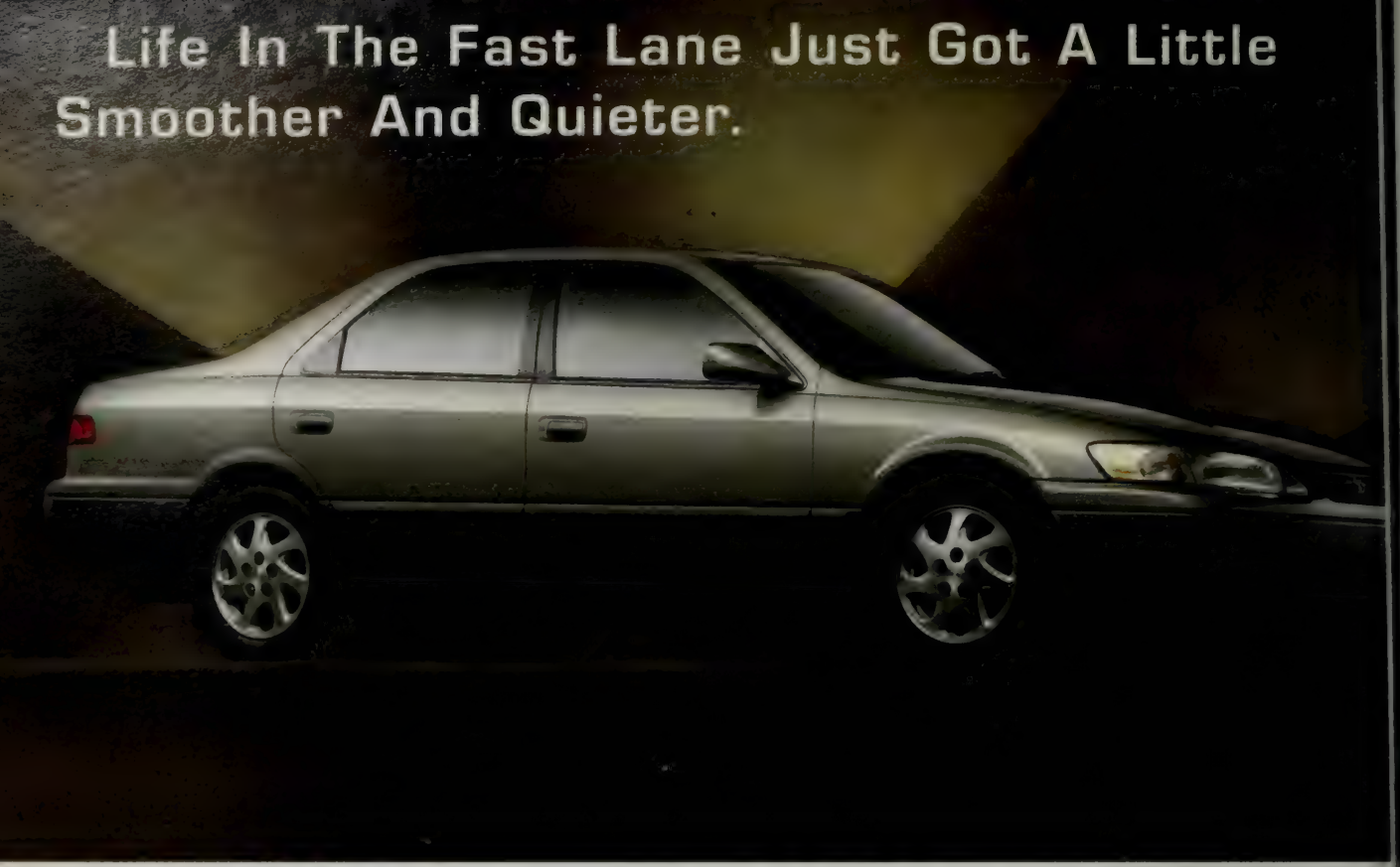
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the not-so empty nest

by Rebecca Jerdee and Sharon Overton







Join us for a day in the country—smack in the middle of suburbia. It's early morning. At the end of Rumsey Drive, a rooster crows. Inside Bob and Emilie Barnes' house, a fire already blazes in the hearth. Soon grandchildren will be scampering through the orange grove. Though they're only a short drive from the freeway, the Barneses have created a bit of paradise—a suburban roost filled with tradition, family, and fun.

the not-so

empty nest



To jump-start the day, the Barneses enjoy a bowl of fresh-picked oranges eaten in the sun-drenched dining room, *opposite*. Homespun fabrics and baskets hanging from the ceiling complement the country charm of antique furniture. *Below*, grandsons Chad and Weston explore the acre-and-a-half property, which includes wildflower beds, citrus groves, and an early-rising rooster.

A winding lane lined with wildflowers and fruit trees leads the way to the Barneses' 50-year-old house, which is built on the site of a former polo-pony training facility. The couple discovered this secluded spot during a weekend drive and dreamed about it for 14 years. In the mid-'80s, with their two children grown and successful second careers as writers and lecturers under way, they decided to fulfill their dream.

Inside, this California home retains a barnlike feel, thanks to brick and wood floors and rustic wainscot.

"I can remember thinking when we moved in, we don't have to do a thing to the house," Emilie says. "I thought, it's perfect the way it is."

A few updates, however—such as replacing small windows with view-enhancing French doors and painting some of the dark woodwork white—helped to brighten and visually expand the rooms.



Against this rustic backdrop, formal antiques and refined fabrics like cotton chintz give



the not-so

empty nest



In the living room (*left*), Emilie combines patterns and textures to create a richly layered look. The subtle secret to this collected scheme? Pick one pattern as a starting point, such as the floral chintz on the sofa, and allow other color and pattern choices to evolve from it.

the home an elegant yet lived-in quality. With five grandchildren living close by, the Barneses feel it's important that their home be comfortable as well as kid-friendly. "We've never put away things and said, 'You can't touch this,' or 'You can't go in that room,' " Bob says. "We've never had any 'thing' that we felt was more important than children."

Even a collection of delicate teacups is not off limits. At teatime, Emilie encourages family and guests to choose from her collection of 75 to 100 cups one that best expresses their personalities. The children especially enjoy this ritual and rise to the occasion by displaying their best party manners, says Emilie, who writes books and conducts weekend seminars on the importance of maintaining such traditions.



An antique hutch fitted with glass shelves holds part of Emilie's teacup collection. Afternoon tea is an honored ritual at the Barnes home. Still, grandson Bevan prefers to eat his peanut butter sandwich in more natural surroundings.





the not-so

empty nest

"We live very busy lives, but we stop and take a moment to create some warmth and loveliness in our home," Emilie says. "You can throw a tea party together in five minutes. It doesn't take long. But you have made a memory."



The bedroom should be a place of safe haven and spiritual renewal, Emilie says. Her first rule for creating a comforting retreat: "Get rid of the TV." *At right,* richly paneled walls create a sense of enclosure while French doors foster a connection to nature and keep the room from becoming too dark.



In the guest bedroom, white-painted wainscoting and yellow-striped wallpaper are a cheery counterpoint to the woodiness of other rooms. A window seat fluffed with a quilt and Battenberg pillows offers a comfortable napping spot for granddaughter Christine and a feline friend.

the not-so
empty nest

"Most women are nesters," Emilie says. "No matter where we live—in a condo or a mobile home—we will build that comfort zone."

For the Barneses, feathering their nest is a shared joy, although they tend to come at it from unique perspectives. "She's more into the cups and saucers and spoons—the frilly, feminine side," Bob says. "I like the old signs, the furniture, the heavier, masculine things."

After 41 years of marriage, they've learned to respect those differences and take advantage of them to create interesting but harmonious results. In the bedroom, for instance, the two sides of their personalities come together in a combination of rustic and romantic styles. The dark-stained paneling and mahogany poster bed give the room strength and solidity while a floral comforter, lacy dust ruffle and pillow shams, and a light-colored, patterned rug give it vitality and warmth.

When they bought the house, the bedroom was dreary and dark. To brighten it, they painted the ceiling white and installed French doors. As another spirit lifter, Emilie arranges the furniture so the beautifully made bed is the first thing one sees when entering the room.



the not-so
empty nest





Afternoons at the Barnes house are spent outdoors. *Above,* Bob and Bradley Joe share a moment while Weston, Chad, and daughter-in-law Maria pick flowers, *below.* In the guest bedroom, *right,* vintage china and teapots inspire a floral theme.



In the guest bedroom, Emilie arranged the bed to make the most of small, high-set windows. The arching line of an old oak headboard draws the eye upward, while open shelves fill the empty space below. A floral border at the top of the wall also helps frame the windows. When evening falls, granddaughter Christine likes to snuggle here under lacy sheets and flowery quilts.

The Barneses enjoy playing host to their grandchildren. "We get to spoil them a little," Emilie says. And if they dreamed of a quiet country life, they don't seem to mind accommodating their growing, and sometimes noisy, brood. In fact, spending time with family is what really counts at the end of the day.

"Family really is our first priority," Emilie says. "Yes, the nest is empty. But the chicks come home." ⌂



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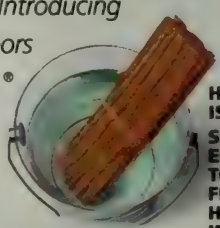
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Kitchens
then & now



by William L. Nolan

The refrigerator may have been avocado and the countertops may have mimicked butcher block, but the typical kitchen of the '70s was little more than a box lined with boxes. Granted, you had a choice between galley and U-shaped layouts, but the rest was strictly standard issue: inky-slick cabinets on all four walls, gold-fleck plaster on the ceiling, and faux Spanish vinyl on the floor. The only bright spot was a skimpy window over the sink. That was then, this is now. Today's kitchen breaks out of the box by punching up the ceiling, popping out the walls, and opening up to the outdoors. It liberates the layout with multiple workstations and island staging areas. And it draws from a fresh new palette of finishes: white enamel, polished stone, solid-surface, stainless steel, and ceramics. Here are three dramatic updates that relegate the '70s box to the Dark Ages.

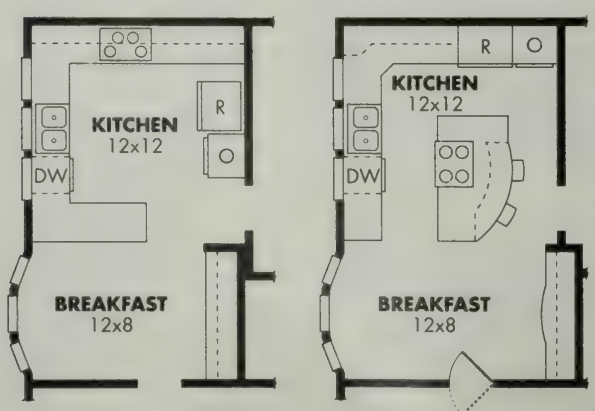
Luring Back the Light



Borrowing 3 feet from a hall closet yielded room for a buffet in the eating area (*left*). Leaded glass doors showcase colorful dishes and serving pieces. A wine rack tucks under the middle doors; shallow drawers store linens.

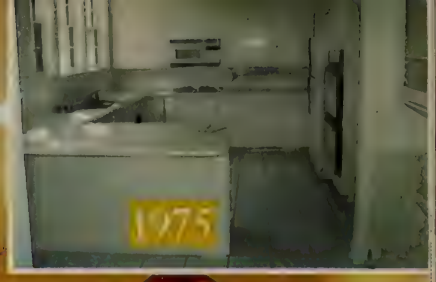
Big windows give the work area (*right*) a sunny outlook. After dark, indirect lighting above the cupboards supplements recessed can fixtures and bathes the room in a soft, even glow.

A '70s "remuddling" left this 1920s-vintage kitchen feeling claustrophobic. To put things right, the owners ripped out clunky ceiling beams, space-eating soffits, and dark oak-veneer cabinets. Then they reorganized the storage U and the appliances around a multipurpose island. Traffic now flows easily, and the room's original airiness works its magic once again. Light-loving finishes—hardwood strip flooring, natural maple cabinets, and polished granite counters—coax extra impact from the sunshine spilling in above the sink.

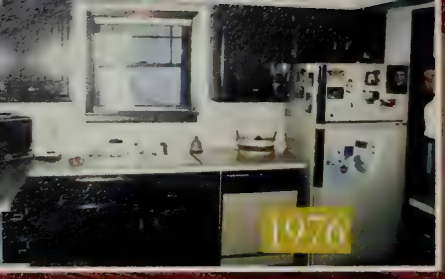


Out with the U, in with the new. A curvy island now shunts traffic around the main work triangle and offers easy staging for the eating area. Major appliances hug the far wall, freeing up floor space for the island.

PHOTOGRAPHS SUSAN GILMORE BUILDER/DESIGNER SYLVESTER CONSTRUCTION REGIONAL CONTRIBUTOR LISA CICOTTE ILLUSTRATIONS CARSON ODE



Although airier and more functional than others of its day, the old kitchen felt boxy and confining. Deep soffits and beams cluttered the ceiling, and the U layout generated bottlenecks.



Pretty scary, isn't it? One skimpy window and a ghoulish collection of shiny black boxes. Every time you opened the refrigerator, you blocked the door to the service entry.

Aglow on the Prairie

Bumping a few feet into the backyard and installing a transom-topped window wall saved this kitchen from a misguided '70s remodel. Once dark and cramped, it now basks in warm sun and glows with natural-finish, quarter-sawn oak cabinetry. Prairie-style detailing echoes the home's architectural theme: distinctive muntins in the windows and transoms, wide oak trim on the ceiling, and a Wrightian table in the breakfast area. Location of the

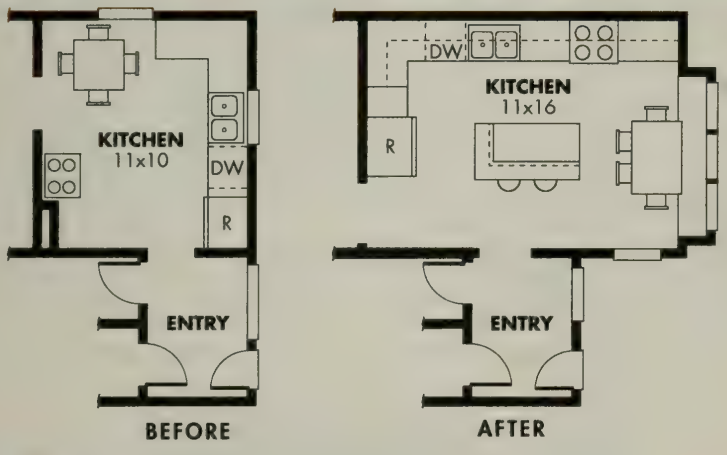
Three large windows in the new exterior wall (*left*) pull natural light deep into the room. Most of the built-ins line the side wall, leaving space for traffic to circle the island. Ceramic tiles above the base cabinets borrow soft blues from the sky outside.

To gain extra dining space, part of the end wall cantilevers 2 feet to form a window seat (*right*), and part of the island doubles as a snack bar. Radiators under the seat hide behind a wood grille. Besides doubling as a piece of furniture, the bay opens up the whole room and gives it a dramatic architectural focal point.

Eating space in the old kitchen (plan, *right*) was squeezed into one corner, and traffic from the back door cut through the main work area. Pushing out one end gave the work and eating areas more stretch and sidelined them from the main traffic lane.

PHOTOGRAPHS: SUSAN GILMORE. BUILDER/DESIGNER: SYLVESTER CONSTRUCTION. REGIONAL CONTRIBUTOR: LISA CICOTTE







rear entry and a grand old oak tree outside curtailed the options for adding more square footage, so the owners included a cantilevered bay in the new bump-out. The bay adds seating and visual stretch without damaging the tree.

High-Rise Whites



Tall storage units near one end of the island (*left*) eliminate the need for upper cabinets along the outside walls. Fluted molding and arched panels on top add furniturelike detailing.

Ahh! Sausages, eggs, and a dose of morning sun. The new kitchen grabs a slice of sky via the large fanlight (*right*).

Is it a kitchen or a sunporch? It's both, actually, because the two outside walls are mostly glass. The owners started with a galley kitchen barely big enough for one cook to turn around. Although face-lifted in the '70s with wallpaper, paint, and laminate, the kitchen was still dark and uninviting. It also caused traffic jams because it was the only link between the garage and the basement.

Expanding the old kitchen a few feet into the backyard and vaulting the ceiling netted room for an L-shaped storage layout, a generous-size island, and a new breakfast nook. The old nook became a study area. White tile on the floor, white enameled cabinets, and white walls and trim make the new space seem even larger, and a glass-topped table and rattan chairs play up the room's



Bumping out the rear wall of the kitchen and adding big windows helped tie the house with the patio. The roof tucks under existing upstairs windows while delivering vertical stretch inside.



The original kitchen felt closed in because there was only one window. The walls were a drab beige, and the ceiling was covered in dark-stained car siding.



The old breakfast nook took on a new role: It's now a well-equipped home office (*left*). Cabinets and flooring here match those in the kitchen.

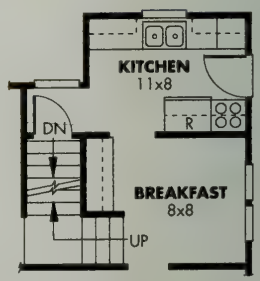
Pushing out the old kitchen just a few feet in two directions (plan, *below*) netted room to relocate the breakfast nook and add an island.

High-Rise Whites

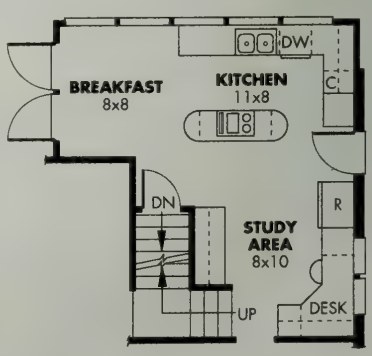
porchlike feel. To leaven the whites, gray-speckled solid-surface material forms the countertops and integral sinks, and 2×2-inch black accent squares and gray grout lines punctuate the floor tiles.

In this kitchen, as well as those on the previous pages, the owners replaced all the old cabinets and appliances. If your budget rules out big expenditures like these, focus on the basics: clever use of light (natural as well as artificial), a smart reshuffling of space, and a stylish freshening of surface treatments. For example, give your freestanding refrigerator a built-in look by flanking it with paneled partitions, and spruce up your old cabinets with new fronts. Then invest the savings in view-scooping windows, new countertops and flooring, and upgraded lighting.

Buying information, page 139



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Kathleen and Dave are all smiles since moving in.

Wild Rice House

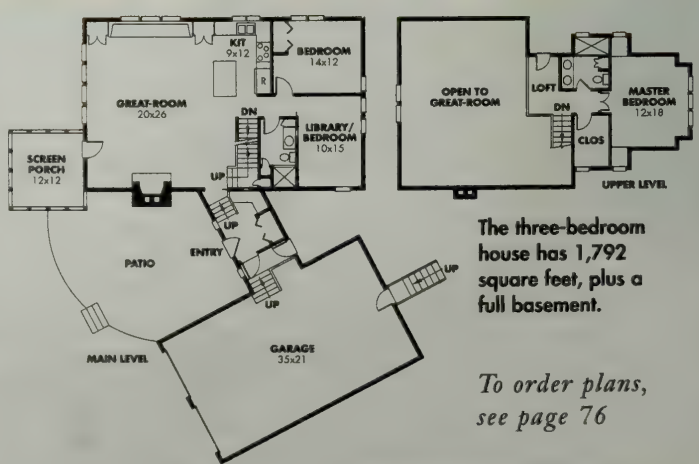
by Steve Cooper and Joseph Boehm

Wild Rice is the name Kathleen and Dave Daniels of Orono, Minnesota, have planted on their home. It evokes a time when the clock seemed to run slower, the land supplied needs abundantly, and simplicity was a virtue. Wild rice is actually a nutritious water-grass seed harvested each fall in frigid waters throughout the region where the Daniels live. Their newly constructed home satisfies today's hunger for a place where down-to-earth comforts and nature's rhythms are the order of the day.

Just as wild rice grows towards the sun, the stalk design cut into the stairwell's balusters stands tall. The volume of space in this room demonstrates how a smaller home can be made to feel bigger if the ceiling is allowed to rise and there are few interior walls to divide the rooms.

Great-rooms are a smart choice for casual living, and the Daniels' home shows why. When the living room, kitchen, and dining area are all one space, a modestly sized house seems roomier.

Because the home nestles among maple and oak trees on the edge of wetlands, rock and wood materials were natural selections. The stairwell and flooring are maple with cherry highlights, and the hearth is locally quarried fieldstone.



The three-bedroom house has 1,792 square feet, plus a full basement.

To order plans, see page 76

Wild Rice House

rock & wood



Because the great-room is expansive, it needed a hearth area for intimacy and emotional warmth. For concert-hall-quality sound, the stereo's round-grille speakers were attached to ceiling planks. This arrangement floods the room with symphony and song.

Wild Rice House

cherry & spices





Old-fashioned craftsmanship elevates this newly built house above the quality of most production houses. Notice how maple window trim has been capped with a strip of cherry as a pleasant highlight (*left*). The base of the island (*above*) also has been trimmed to protect against kicks and bumps.

The compact kitchen is a mix of cherry and spices. Custom cabinets are made of the fruity wood and spiced up with rich laminate countertops and high-performance appliances. An island puts boundaries on the kitchen, while providing space for a quick meal. Without the island, the kitchen would be awkwardly open to the rest of the great-room, and there'd be no traffic buffer for the work triangle.

The dining area is defined by even subtler, but still effective, elements. A rug helps outline the floor space, while a five-lamp chandelier fixes the middle point of the table.

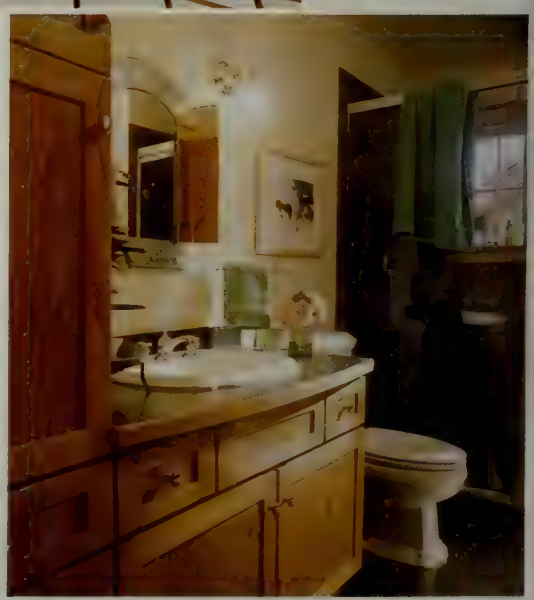
"The openness of the great-room suits the way my generation lives," says Kathleen. "We don't want to entertain formally like our parents did. We want to keep it casual."

wicker & wonder



To enhance the great-outdoors feeling of the12×12-foot screened porch (*left*), the ceiling was left open to the rafters.

Even though the bathroom (*below*) is tight, there are still stylish touches, such as the curved countertop, rich cabinetry, limestone tiles, and an artful vanity mirror.



Imagine it's late afternoon and you're sitting in one of these wicker chairs wondering: How can I be so lucky?

"When you're sitting out on the porch, you feel like you're right out amongst the trees—which you are," says Kathleen. "That's where you can find us almost every evening in the summer."

Buying information, page 139

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Our Best RECIPES

This month, you'll find:

Family Ties *p.198*

Meals that bring you home



Sesame Chicken *p.216*

Readers' Prizewinning Recipes

Pilafs and Risottos *and*
Tropical Fruit Desserts *p.257*

PHOTOGRAPHS JIM KRANTZ FOOD STYLIST LYNN BLANCHARD PROP STYLIST NANCY HOPKINS

Family Ties

Meals that bring you home

by Nancy Byal





In the '20s and '30s, mealtime was as basic to family life as flour, butter, and eggs were to the pantry. Families gathered round the table to enjoy "three squares" each day. And *Better Homes and Gardens®* was there to help bring flair to those meals at a time when "thrifty" was a household watchword.

Today's lifestyles are nibbling away at family meals. Time rivals gold as our most precious currency. Luckily, *BH&G* is still here to offer mealtime ideas that are as doable as they are delicious.

Fettuccine and salmon

Macaroni and cheese dinners have come a long way, baby. Sure, the classic version will always rank high on your family's list of comfort foods. But pastas in fun flavors and flourishes score big with the family, too. This weeknight beauty goes together in the time it takes to boil water and cook pasta.

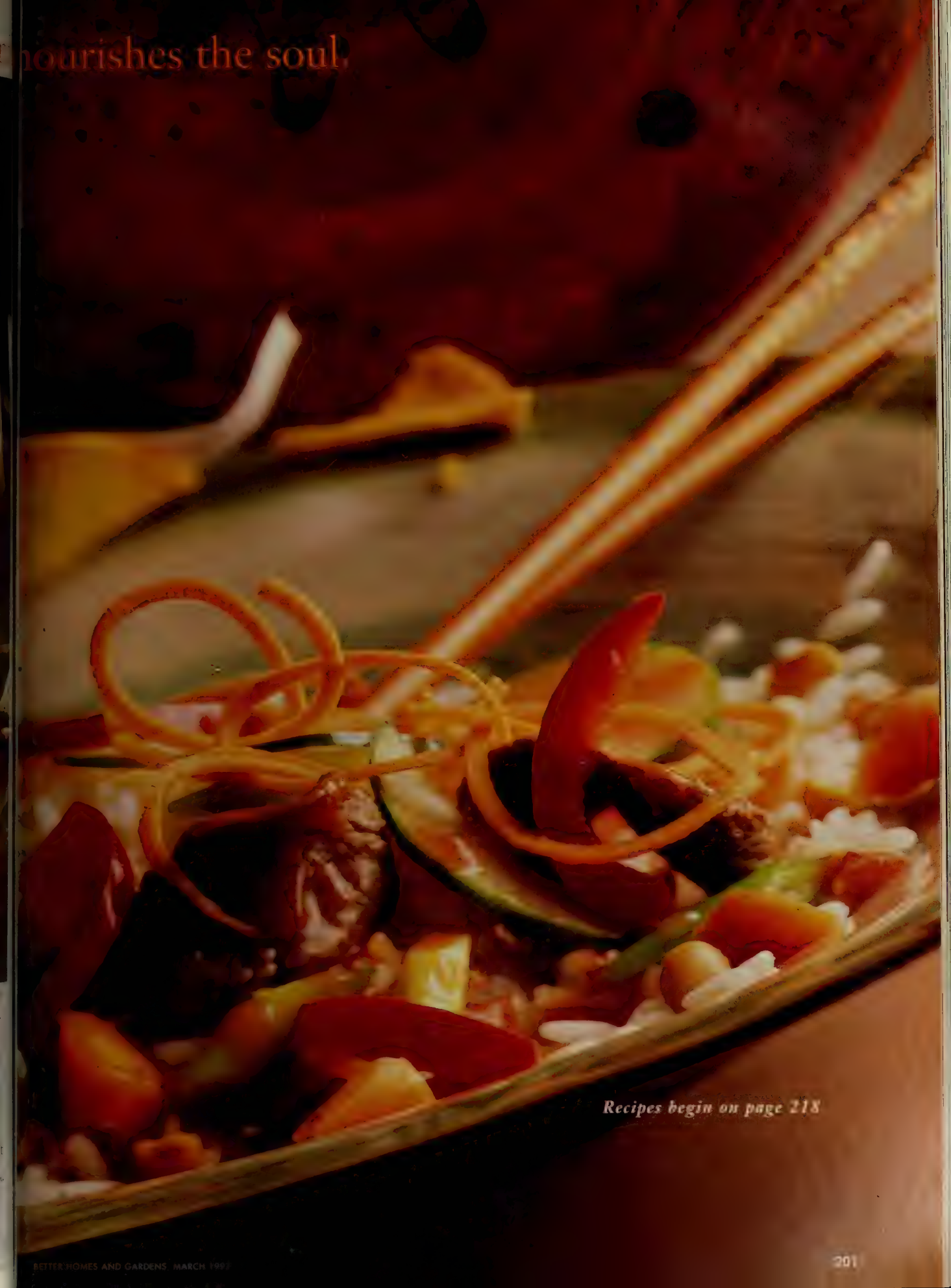
Recipes begin on page 216

Eating together as a famil



Peppered pork chops and pilaf Let's play trivia: When did *BH&G* publish its first quick-cooking story? Answer: March 1932, in a story titled "Six 20-Minute Dinners." Fast fixes are an even bigger hit today. With the easy dinner *above*, you benefit from quick-cooking rice, herb-pepper seasoning, and preroasted peppers—conveniences unavailable to yesteryear's cooks.

Thai beef stir-fry Our readers learned the ancient Chinese method of stir-frying and bought woks by the millions during the '70s. More recently, Southeast Asian immigrants have introduced us to their own brand of ingredients and flavor combinations for the wok. Both easy and healthful, stir-frying now rivals baking and pan-frying in popularity.



Recipes begin on page 218



Caesar shrimp and asparagus salad Main-dish salads, from Chef's Salad to Caesar Salad, revitalized lunches in the '50s, dubbed "the lettuce years." A few years ago, restaurant chefs started tossing hot dressing with cooked meats, seafood, vegetables, and ice-cold greens to fuel a new trend: warm dinner salads.

you've got it made



Stuffed french toast

"It's one thing to stir up a cake or make a pan of candy, something else to plan a meal," wrote a discerning *BH&G* food editor in 1949. Little wonder pulling off a big-deal meal for Easter or other springtime events can tax the most gracious host and hostess! A casual brunch, with an entrée assembled the night before and slipped into the oven when friends arrive, is the perfect solution.



Portobello super bruschettas

Moms once coaxed their kids to "eat your pickles" for good health. Low-fat and "eat your veggies" are the sound bites of today's nutrition cheerleaders. More kinds of vegetables take naturally to the center of the plate, such as "meaty" portobello mushrooms on hefty sandwiches. Your family's satisfaction guaranteed!

Recipes begin on page 218

Through good times and hard times, comfor



Maple pecan bread pudding Hard to believe, but not a single recipe for humble bread pudding graced the magazine's pages until the '40s when a chocolate version was published. That's because good cooks worth their salt had all the makings for bread pudding on hand and their heirloom "recipe" committed to memory.

Heavenly baked apples Until the microwave oven came along, there was really only one speed for baking apples—slow—and only one thing to do—be patient. While you can still oven-bake these fruit- and spice-filled gems the old-fashioned way, you can also enjoy them in a matter of minutes by following our easy microwave directions.



Recipes begin on page 218

Strawberry-rhubarb cobbler

BH&G readers, many avid fruit and vegetable gardeners, have always known that spring-ripe strawberries and rhubarb create a slam-dunk combination. The lattice on the baked topper adds extra eye appeal.

Marbled gingerbread

A cakelike version of gingerbread appeared in America's first cookbook, *American Cookery* by Amelia Simmons. *BH&G* has published numerous versions of gingerbread since, but this is the only time it's sported a cream cheese filling.

Recipes begin on page 226
Buying information, page 140



Introducing New Cream Soups from Campbell's. 98% fat free, 100% delicious.





Campbell's One Dish Chicken & Rice Bake

Prep Time: 5 min. Cook Time: 45 min.

- 1 can (10 3/4 oz.) Campbell's® 98% Fat Free Cream of Mushroom Soup
- 1 cup water*
- 3/4 cup uncooked regular white rice
- 1/4 tsp. paprika
- 1/4 tsp. pepper
- 4 skinless, boneless chicken breast halves

1. In 2-qt. shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper. ***Cover.***
2. Bake at 375°F. 45 min. or until chicken and rice are done. Serves 4.

*For creamier rice, increase water to 1 1/3 cups.

http://www.campbellsoups.com

Campbell's Makes Everything *Mm! Mm!* Better™

by Joy Taylor

The celebration of good cooking and eating continues! Throughout 1997, we're sharing the all-time favorite recipes from past issues of our magazine. These satisfying recipes have stood the test of time and are sure to be winners at your house, too.



Peanut Waffles with Butterscotch Sauce
from 1938

When this recipe was first published almost 60 years ago, waffles were a popular choice for dessert. Over time they've developed more of a morning reputation. At breakfast, for supper, or after dinner, top the crisp waffles with fresh fruit and pass the warm, homemade sauce.

Recipe begins on page 228

continued on page 210





Tasty morsels of real sausage

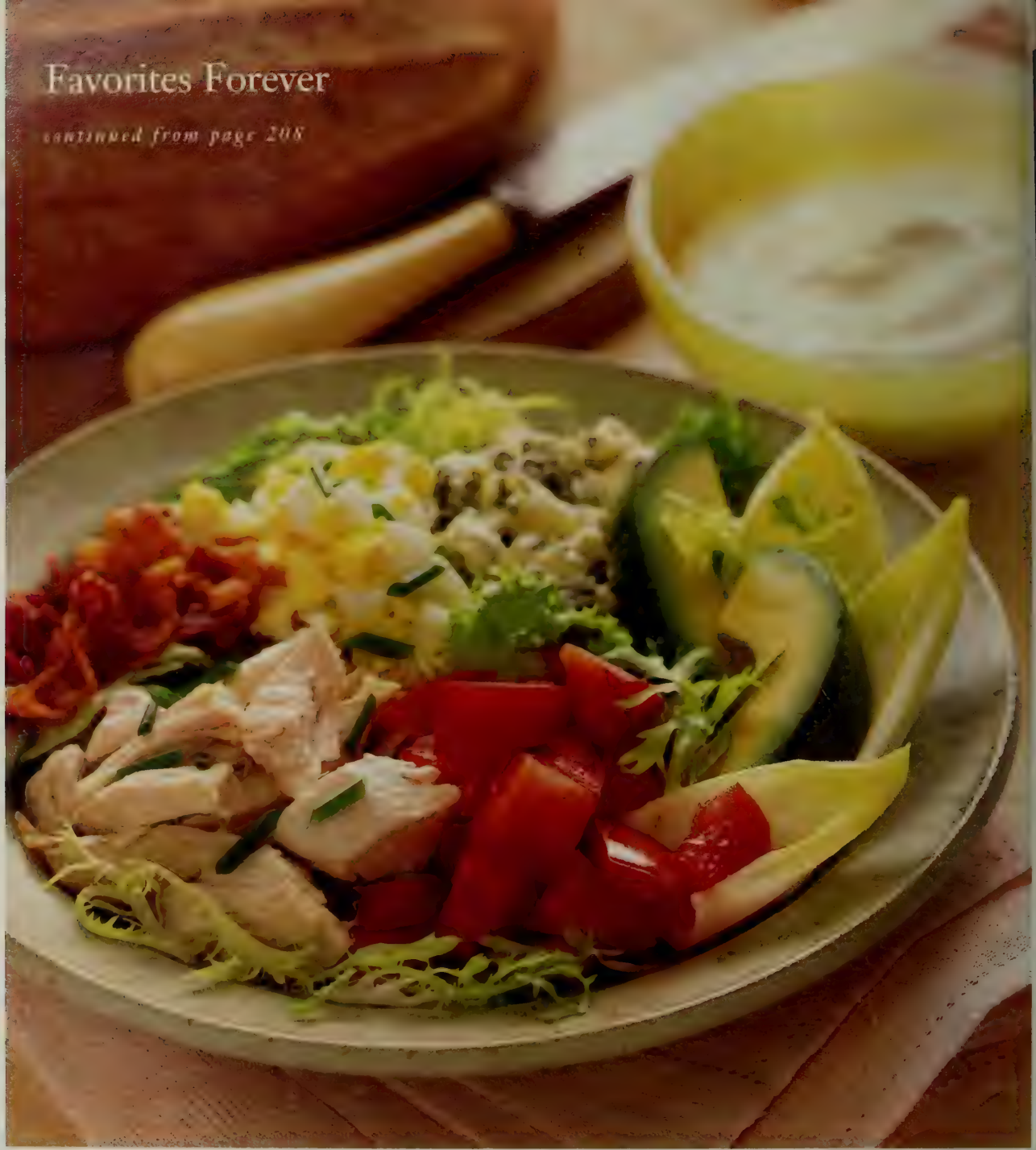
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Big Taste from a Small Town™

continued from page 208



Cobb Salad

from 1964

Made famous at the Brown Derby restaurant in Hollywood,
this salad was distinguished by the very fine shredding of the ingredients.
If you, like us, prefer your salads on the chunkier side,
chop or slice the chicken, tomato, egg, and avocado instead.

Recipe begins on page 228

continued on page 212



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Steve Schlief
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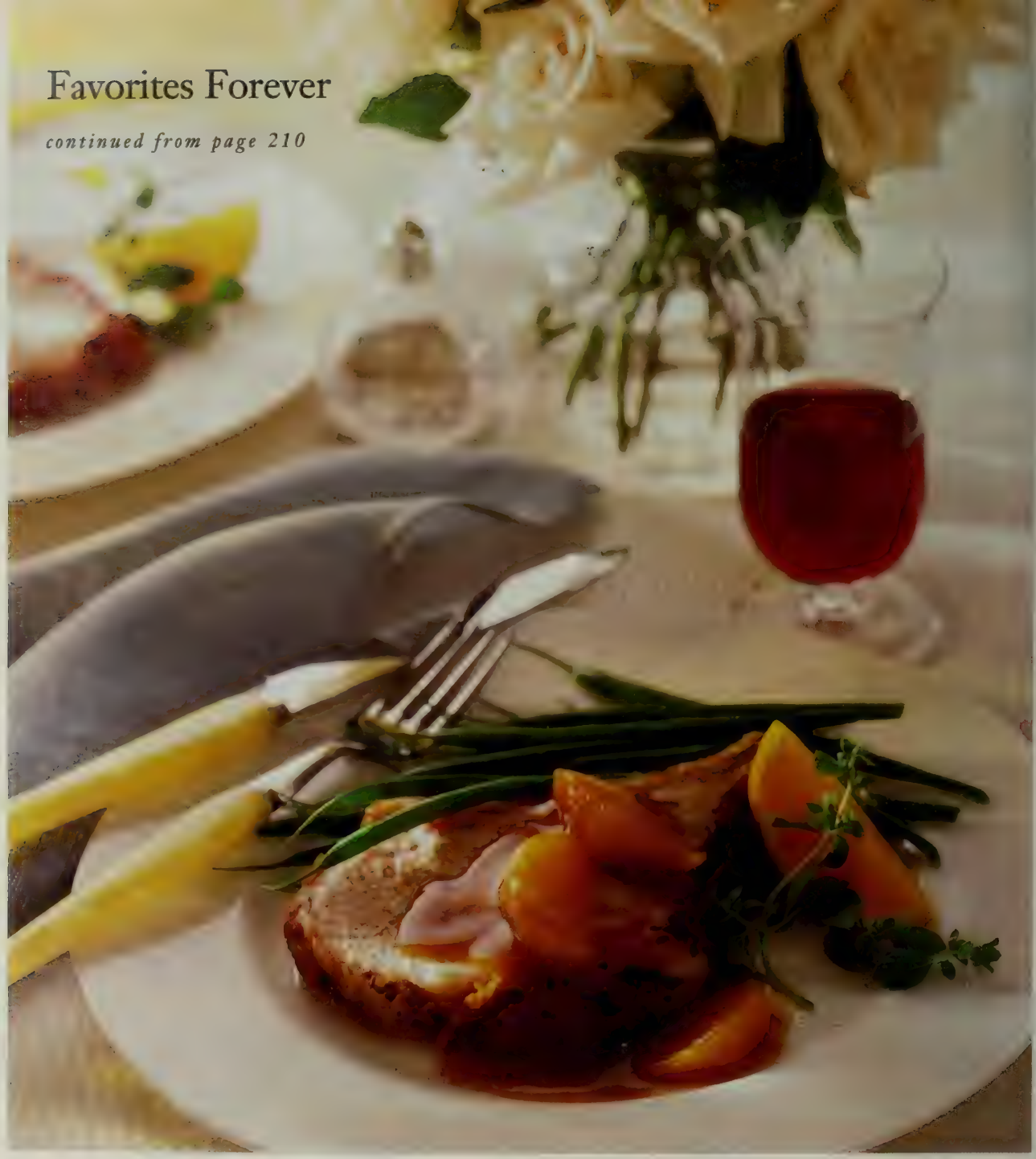
*'97 Taurus G MSRP; LX shown w/PEP 210A MSRP $23,870. Tax, title extra. **Always wear your safety belt.

Ford Credit

HAVE YOU DRIVEN A FORD LATELY?

Ford

continued from page 210



Roast Pork Tangerine

from 1965

"Fresh, stimulating flavor! Warm, brilliant hues!
The citrus clan's exotic fruits all have a magic sunshine that brightens winter tables."
That's how our editors introduced this light, herbal entrée to our readers more than
30 years ago. Bask in the sunshine yourself with this satisfying dinner.

Recipe begins on page 228

continued on page 214



"When it comes to saving money, I don't object."

When Gina Parker makes a motion, it usually means she's reaching for her Ford Citibank Card. Because every time she uses it, she gets 5% back. So can you. And that can add up to a huge money-saving Ford Rebate* toward the purchase or Red Carpet Lease of any new Ford, Lincoln, or Mercury. Is this the best way ever to save on a new car? You be the judge. Call **1-800-374-7777** for the Ford Citibank Card.

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Danish Pastry Apple Bars

from 1972

Our taste testers agree that this 25-year-old recipe is worth sharing one more time. The perfect pastry—so tender and so flaky—tops off the rightly spiced apple filling. "Serve warm" was the unanimous recommendation.

Recipe begins on page 231

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THE BEST PART OF WAKIN' UP IS FOLGERS IN YOUR CUP®

Family Tie recipes

continued from page 206

**Denotes that the recipe is included in story*

Chicken Dinner, '90s Style

*Sesame Chicken**

Steamed new potatoes and snap peas

Whole wheat rolls

Fruit cobbler

Sesame Chicken

The appealing nutty flavor of these quick-to-fix chicken breasts comes from both sesame seed and toasted sesame oil. To get the most flavor, use the dark, robust sesame oil made from toasted seeds rather than the light, mild-flavored kind. Look for toasted sesame oil in the Oriental section of your supermarket or at Asian food stores.

- 6 medium skinless, boneless chicken breast halves (about 1½ lb.)
- ½ cup all-purpose flour
- 1½ tsp. lemon-pepper seasoning
- ¾ tsp. salt
- ⅓ cup sesame seeds
- 2 cups sliced shiitake or button mushrooms
- ¼ cup finely chopped onion
- 2 tsp. olive oil
- 1½ cups milk
- 1 Tbsp. Dijon-style mustard
- 1 Tbsp. snipped parsley
- ⅓ cup milk
- 1 Tbsp. olive oil
- 1 tsp. toasted sesame oil

Rinse chicken with paper towels; pat dry. Set aside. In a shallow bowl stir together flour, lemon-pepper seasoning, and salt. Reserve 2 tablespoons flour mixture. Stir sesame seeds into remaining flour mixture; set aside.

For sauce, in a medium saucepan cook the mushrooms and onion in the 2 teaspoons olive oil till tender. Stir the reserved 2 tablespoons flour mixture into mushrooms-and-onion mixture till blended. Add 1½ cups milk all at once. Cook and stir till mixture is thickened and bubbly. Cook and stir 1 minute more. Stir in mustard and parsley. Keep warm.

Meanwhile, dip chicken in ⅓ cup milk; roll in sesame-seed-and-flour mixture. In a 12-inch skillet heat 1 tablespoon olive oil and the sesame oil over medium-high heat. Cook chicken in hot oil about 6 minutes or till tender and no longer pink, turning once. Serve sauce with chicken. Makes 6 servings.

Nutrition facts per serving: 362 cal., 14 g total fat (3 g sat. fat), 65 mg chol., 702 mg sodium, 30 g carbo., 2 g fiber, 30 g pro. Daily Values: 5% vit. A, 20% vit. C, 11% calcium, 23% iron.

Easy Pasta Pizzazz

*Fettuccine and Salmon**

Buttered yellow squash slices

Garlic bread

Wine-poached pears

Fettuccine and Salmon

Remember this sensational salmon dish when you're looking for a sophisticated yet simple entrée for an after-work dinner party.

- 1 16-oz. fresh or frozen skinless salmon fillet, cut into 4 portions
- Nonstick spray coating
- ⅓ cup finely chopped onion
- 1½ cups skim milk
- 1½ tsp. cornstarch
- 6 oz. reduced-fat cream cheese, (Neufchâtel), cubed and softened
- ½ cup finely shredded smoked Gouda cheese (2 oz.)
- 1 Tbsp. snipped chives
- ¼ to ½ tsp. coarsely ground pepper
- ½ of a 9-oz. pkg. refrigerated linguine and ½ of a 9-oz. pkg. refrigerated spinach fettuccine or one 9-oz. pkg. refrigerated linguine or spinach fettuccine
- Chives with blossoms (optional)

Thaw fish, if frozen. In a large skillet bring 2 cups *water* to boiling. Measure thickness of fish. Add fish; return to boiling. Reduce heat; cover and simmer till fish flakes easily with a fork, allowing 4 to 6 minutes per ½-inch thickness. Drain; keep warm.

Meanwhile, spray a medium saucepan with nonstick coating. Add onion and cook till tender. Stir together the milk and cornstarch. Add to saucepan. Cook and stir till slightly thickened and bubbly. Cook and stir 2 minutes more. Add cream cheese and Gouda cheese. Cook and stir till melted. Stir in snipped chives and coarsely ground pepper.

Meanwhile, cook pasta according to package directions; drain. Divide hot pasta among 4 dinner plates; place salmon atop pasta. Spoon sauce over salmon. If desired, garnish with chives with blossoms. Serves 4.

Nutrition facts per serving: 566 cal., 26 g total fat (13 g sat. fat), 131 mg chol., 579 mg sodium, 43 g carbo., 0 g fiber, 40 g pro. Daily Values: 25% vit. A, 3% vit. C, 33% calcium, 18% iron.

Dinner on the Double

*Peppered Pork Chops and Pilaf**

Orange and grapefruit sections on salad greens

Hard rolls

Peppered Pork Chops and Pilaf

This tantalizing pork-and-rice combo gets its knockout flavor from the herb-pepper seasoning that's used on the chops and in the pilaf.

continued on page 218

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Family Tie recipes

continued from page 216

- 4 boneless pork loin chops, cut ¾ inch thick
- 1 Tbsp. herb-pepper seasoning
- 2 Tbsp. olive oil
- 2 cups cut-up salad-bar vegetables, such as sweet peppers, carrots, mushrooms, onion, and/or broccoli
- 1 14½-oz. can chicken broth
- 2 cups quick-cooking brown rice
- ¼ cup chopped roasted red sweet pepper
- Fresh oregano (optional)

Sprinkle both sides of meat with 2 teaspoons of the herb-pepper seasoning. In a large skillet cook chops in 1 tablespoon of the olive oil for 5 minutes. Turn chops. Cook for 5 to 7 minutes more or till slightly pink in center and juices run clear.

If necessary, cut vegetables into bite-size pieces. In a medium saucepan heat the remaining 1 tablespoon olive oil. Add vegetables and cook for 2 minutes. Carefully add broth. Bring to boiling. Stir in rice, roasted pepper, and the remaining 1 teaspoon herb-pepper seasoning. Return to boiling; cover and simmer 5 minutes. Remove from heat. Let stand 5 minutes. Serve chops with the rice mixture. Makes 4 servings.

Nutrition facts per serving: 431 cal., 20 g total fat (5 g sat. fat), 77 mg chol., 408 mg sodium, 34 g carbo., 5 g fiber, 31 g pro. Daily Values: 48% vit. A, 99% vit. C, 2% calcium, 16% iron.

Wok on the Thai Side

*Thai Beef Stir-Fry**

Shredded bok choy with bottled ginger salad dressing

Fresh pineapple wedges with toasted coconut

Fortune or almond cookies

Thai Beef Stir-Fry

Fish sauce (nam pla) is as basic to Thai cooks as soy sauce is to the Chinese. You can buy bottles of fish sauce in Oriental markets.

- 12 oz. boneless beef sirloin steak, cut about ¾ inch thick
- ½ cup catsup
- 3 Tbsp. fish sauce or soy sauce
- 1 Tbsp. brown sugar
- 1 Tbsp. lime juice
- 2 medium carrots
- 2 green onions
- 1 medium cucumber
- ½ of a medium red sweet pepper
- ½ cup beef broth
- 2 tsp. grated gingerroot
- 1½ tsp. cornstarch
- ½ to 1 tsp. crushed red pepper
- 1 Tbsp. cooking oil
- 1 clove garlic, minced
- ¼ cup chopped peanuts
- 2 cups hot cooked rice
- Julienne carrot strips (optional)

Partially freeze beef. Thinly slice across the grain into bite-size strips. In a bowl combine catsup, fish sauce or soy sauce, brown sugar, and lime juice. Add beef strips, tossing to coat. Let stand at room temperature for 30 minutes, stirring once or twice.

Meanwhile, thinly slice the carrots; cut the green onions into ½-inch pieces; cut the cucumber in half, remove seeds, and thinly slice; and cut the red sweet pepper into thin bite-size strips. Drain beef, reserving marinade. Stir broth, gingerroot, cornstarch, and crushed red pepper into reserved marinade; set aside.

Pour oil into a wok or large skillet. (Add more oil, if necessary, during cooking.) Preheat over medium-high heat. Stir-fry garlic in hot oil for 15 seconds. Add carrots; stir-fry 3 minutes. Add green onions, cucumber, and sweet pepper; stir-fry 1 to 2 minutes more or till vegetables are crisp-tender. Remove from wok.

Add beef to the hot wok. Stir-fry for 2 to 3 minutes or to desired doneness. Stir the broth mixture. Add to the wok; cook and stir till thickened and bubbly. Stir in vegetables. Heat through. Stir chopped peanuts into hot rice. Serve beef and vegetables over rice mixture. Garnish with carrot strips, if desired. Makes 4 servings.

Nutrition facts per serving: 410 cal., 16 g total fat (4 g sat. fat), 60 mg chol., 787 mg sodium, 41 g carbo., 3 g fiber, 26 g pro. Daily Values: 97% vit. A, 45% vit. C, 4% calcium, and 27% iron.

Garden Salad Supper

*Caesar Shrimp and Asparagus Salad**

French or sourdough bread

Fresh strawberries and cream

Caesar Shrimp and Asparagus Salad

Spring's first tender asparagus, succulent shrimp, homemade croutons, and bottled Caesar salad dressing all do their part to make this garden-fresh medley a candidate for the salad hall of fame.

- 12 oz. fresh asparagus spears
- 4 green onions, sliced
- ½ cup bottled Caesar salad dressing
- ½ tsp. finely shredded lemon peel
- ¼ tsp. freshly ground pepper
- 6 cups purchased torn mixed salad greens
- 1 lb. cooked, peeled, and deveined large or jumbo shrimp (with tails left on) (see tip, *page 220*)
- 1 cup Herb Croutons (see recipe, *page 220*)
- Finely shredded Parmesan cheese (optional)

Rinse asparagus. Snap woody bases from spears and discard. In a saucepan cook asparagus spears, covered, in a small amount of boiling water 4 to 8 minutes or till crisp-tender. Drain. Set aside; keep warm.

continued on page 220



"These are the most delicious croutons I've ever tasted."



Want to know the secret to keeping your culinary life interesting? Do the unexpected. Like adding Dole® Canned Pineapple to your salads. After all, you can't live on bread—or croutons—alone.

Pineapple Spinach Salad

Toss 1 can (20 oz.) Dole Pineapple Chunks, drained, with 4 cups packed spinach leaves, 1/2 cup sliced red onion, and 1/2 cup toasted sliced almonds in large bowl. **Pour** 1/2 cup Italian dressing over salad; toss. Serves 4.



Tangy Poppy Seed Fruit Salad

Drain 1 can (20 oz.) Dole Pineapple Chunks; reserve 1/4 cup juice. **Combine** pineapple with 1 orange, peeled and sectioned, 1 kiwi fruit, peeled, halved, and sliced, 1 cup red or green grapes, and 1 cup quartered strawberries, in large bowl. **Stir** reserved juice, 1/4 tsp. grated lime peel, 2 tbsp. lime juice, 1 tbsp. honey, and 1 tsp. poppy seeds in cup. **Pour** over salad; toss. Serves 4.



Minted Fruit Rice Salad

Heat 2/3 cup Dole Pineapple Juice and 1/3 cup water in saucepan, to boiling. **Stir** in 1 cup instant rice. Remove from heat; cover. Let stand 10 min. In bowl, stir rice with 1 can (11 oz.) Dole Mandarin Oranges, drained, 1 can (8 oz.) Dole Crushed Pineapple, undrained, 1/2 cup chopped cucumber, 1/3 cup chopped red onion, and 3 tbsp. chopped mint. Serves 4.

Hungry for more? Send a self-addressed stamped business envelope to: Dole Pineapple Recipes, P.O. Box 9042-L, Clinton, IA 52736-9042.

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Family Tie recipes

continued from page 218

Meanwhile, in a small skillet cook green onions, covered, in 2 tablespoons water for 2 to 3 minutes or till tender. Stir salad dressing, lemon peel, and pepper into green onions in skillet; heat through.

Divide greens among 4 dinner plates. Arrange asparagus spears, cooked shrimp, and Herb Croutons among greens. Spoon the warm dressing mixture over each salad. If desired, sprinkle with finely shredded Parmesan cheese. Serve immediately. Makes 4 main-dish servings.

Herb Croutons: In a large skillet melt ¼ cup margarine or butter. Remove from heat. Stir in ½ teaspoon dried thyme, crushed, and ⅛ teaspoon garlic powder. Add 2 cups French or sourdough bread cubes; stir till cubes are coated with margarine mixture. Spread in a single layer in a baking pan. Bake in a 300° oven for 15 minutes or till dry and crisp, stirring twice. Cool. Store tightly covered. Makes about 2 cups.

Nutrition facts per serving: 387 cal., 27 g total fat (3 g sat. fat), 174 mg chol., 407 mg sodium, 12 g carbo., 2 g fiber, 22 g pro. Daily Values: 40% vit. A, 51% vit. C, 7% calcium, and 28% iron.

Make-Ahead Easter Brunch

Orange juice spritzer

*Stuffed French Toast**

Steamed asparagus spears

Fresh fruit compote

Shortbread

Stuffed French Toast

Plan to prepare the Cranberry-Pear Sauce while the strata-style French toast bakes.

- 24 ¾-inch-thick slices Italian bread, about 3 inches in diameter (about 10 oz. total)
- 12 very thin slices cooked ham (about 6 oz.)
- 12 very thin slices cooked turkey (about 6 oz.)
- 2 medium pears, peeled, cored, and thinly sliced
- 12 thin slices provolone cheese (about 6 oz.)
- 4 beaten eggs
- 1 cup milk
- ¼ tsp. ground nutmeg
- 1 recipe Cranberry-Pear Sauce (see recipe, *at right*)
- Shredded orange peel (optional)

Arrange half of the bread slices in the bottom of a greased 3-quart rectangular baking dish. Top each bread slice in dish with a slice of ham, a slice of turkey, some of the pears, and a slice of cheese (cut and/or fold meat and cheese as necessary to fit on bread slices). Top with remaining bread slices.

In a medium bowl combine eggs, milk, and nutmeg; slowly and evenly pour over sandwiches in dish. Press sandwiches down lightly with back of spoon so they absorb liquid. Cover with plastic wrap. Chill for 6 to 24 hours.

Uncover and bake in a 350° oven about 30 minutes or till top is lightly browned. Let stand 10 minutes before serving. Serve with warm Cranberry-Pear Sauce. If desired, garnish with shredded orange peel. Makes 12 servings.

Cranberry-Pear Sauce: In a small saucepan stir together 1½ cups cranberry juice cocktail and 2 tablespoons cornstarch. Add 1 tablespoon brown sugar, 1 teaspoon finely shredded orange peel, ⅛ teaspoon ground cinnamon, and, if desired, 1 drop red food coloring. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Stir in 2 pears, peeled, cored, and chopped. Makes about 2 cups.

Nutrition facts per serving: 246 cal., 8 g total fat (4 g sat. fat), 95 mg chol., 631 mg sodium, 29 g carbo., 2 g fiber, 15 g pro. Daily Values: 8% vit. A, 28% vit. C, 14% calcium, 10% iron.

Shrimp, Prawn, or Scampi?

Large or jumbo shrimp, prawns, and scampi are so similar that many seafood markets often use the names interchangeably.

Shrimp: Widely available across the United States, shrimp comes in a variety of sizes. Most markets categorize this shellfish by the number per pound or with descriptive names such as colossal.

Prawns: This seafood has a thin abdomen and long legs and is usually sold about six to 10 per pound, heads on. Because of its large size and sweet, lobsterlike flavor, the prawn is often served stuffed.

Scampi: In America this term refers to shrimp sautéed in garlic butter (shrimp scampi). Authentically, scampi is the Mediterranean term for a small lobster.

Veggie Vittles

*Portobello Super Bruschettas**

Cream of tomato soup

Baked potato chips

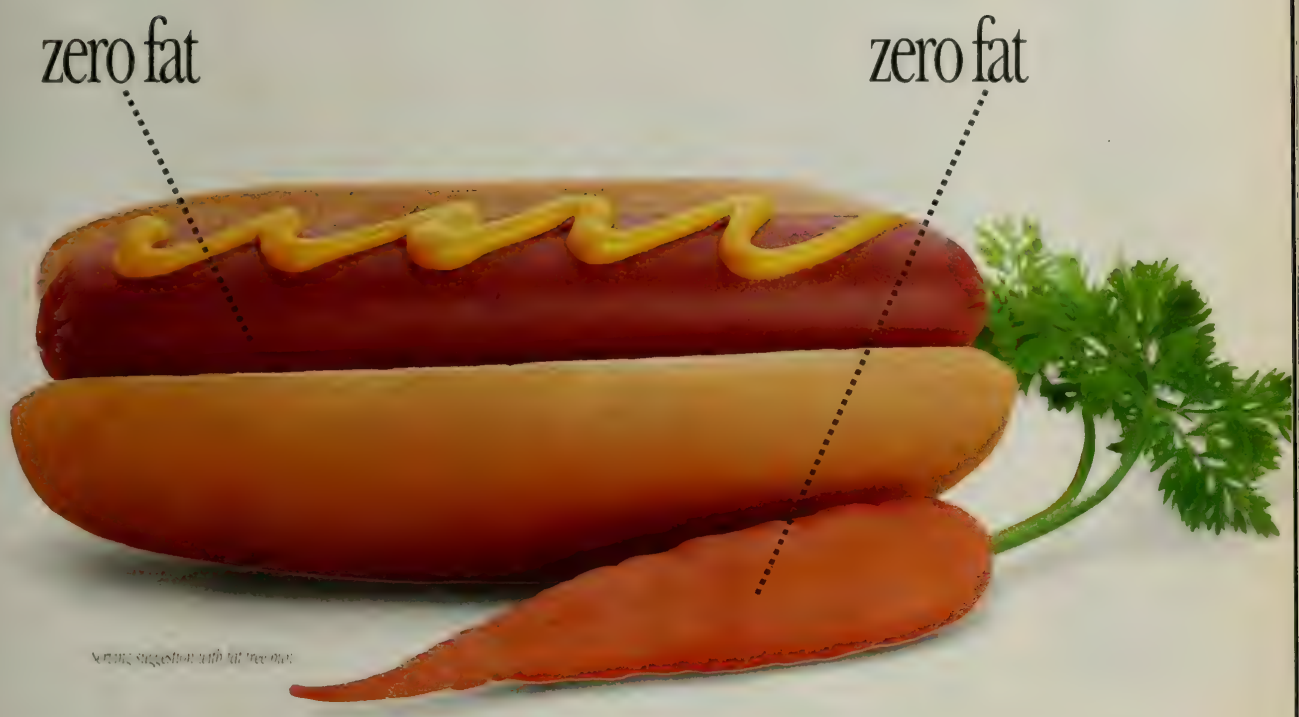
Portobello Super Bruschettas

Serve hot from the oven.

- ¼ cup chopped onion
- 2 cloves garlic, minced
- 2 tsp. olive oil
- ½ cup peeled, diced eggplant
- ¼ tsp. salt
- ⅛ tsp. ground red pepper
- ½ of a 19-oz. can cannellini beans, rinsed and drained (about 1 cup)
- 1 medium tomato, seeded and chopped
- 2 portobello mushrooms
- Olive oil
- 4 ¾-inch-thick slices Italian bread, toasted
- 2 to 3 Tbsp. pesto
- 4 slices mozzarella cheese (6 oz.)
- Chopped red onion (optional)
- Snipped fresh basil (optional)

continued on page 222

What's for lunch?



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Family Tie recipes

continued from page 220

In a medium skillet cook onion and garlic in the 2 teaspoons hot olive oil till onion is tender. Add eggplant, salt, and red pepper. Cook and stir 2 to 3 minutes or till eggplant is almost tender. Stir in beans and tomato. Remove from heat.

Clean mushrooms; discard stems. Halve mushrooms crosswise. Rub gently with some olive oil. Place mushrooms, gill sides up, on a baking sheet. Bake in a 350° oven for 5 minutes. Remove from oven. Spread each slice of bread generously with pesto; place each mushroom half on a slice of Italian bread. Spoon bean mixture onto mushrooms. Top each mushroom with a slice of cheese. Return to oven and bake 5 to 10 minutes more or till cheese bubbles and bean mixture is heated through. If desired, garnish with red onion and basil. Makes 4 servings.

Nutrition facts per serving: 339 cal., 17 g total fat (5 g sat. fat), 25 mg chol., 668 mg sodium, 32 g carbo., 5 g fiber, 19 g pro. Daily Values: 9% vit. A, 15% vit. C, 26% calcium, 18% iron.

Maple Pecan Bread Pudding

This delightful homespun dessert tastes as if it's straight from Grandma's kitchen, yet it's easy enough for any '90s cook to put together.

- 4 cups French bread cubes
- 3 eggs
- 1½ cups half-and-half or light cream
- ½ cup sugar
- 1 tsp. vanilla
- 1 tsp. finely shredded orange peel
- ½ cup orange juice
- ½ cup maple syrup or maple-flavored syrup
- ½ tsp. whole allspice
- ¼ tsp. whole cloves
- 3 inches stick cinnamon
- ⅓ cup small pecan halves, toasted

Place bread cubes in a 15x10x1-inch baking pan. Bake in a 350° oven for 10 to 15 minutes or till toasted, stirring twice. In a mixing bowl beat eggs; stir in half-and-half or light cream, sugar, vanilla, and orange peel just till combined. Divide bread cubes evenly among 4 individual 8- to 10-ounce au gratin dishes or individual casseroles. Pour the egg mixture evenly over the bread cubes. Bake in a 325° oven about 35 minutes or till a knife inserted near center comes out clean. Cool slightly.

Meanwhile, in a small saucepan combine orange juice, maple syrup, allspice, cloves, and cinnamon. Heat to boiling; reduce heat. Cover and simmer 10 minutes. Remove spices with slotted spoon. Simmer, uncovered, about 8 minutes more or till reduced to ½ cup. Stir in pecans. Cool slightly. Spoon sauce atop warm bread pudding. Serve immediately. Makes 4 servings.

Nutrition facts per serving: 543 cal., 21 g total fat (8 g sat. fat), 193 mg chol., 297 mg sodium, 79 g carbo., 1 g fiber, 11 g pro. Daily Values: 19% vit. A, 28% vit. C, 12% calcium, 14% iron.

Heavenly Baked Apples

Please the little angels at your house with these plump apple pockets stuffed full of dried apricots and cherries. For a special treat, scoop up frozen yogurt or ice cream to go alongside.

- 1¼ cups apricot nectar
- ⅓ cup snipped dried apricots
- 2 Tbsp. dried cherries or cranberries
- 4 medium baking apples, such as Rome or Winesap
- 2 Tbsp. sugar
- ¼ tsp. ground nutmeg
- ⅛ tsp. ground cardamom
- ½ tsp. vanilla
- Edible flowers (optional)

In a small saucepan combine apricot nectar, apricots, and dried cherries or cranberries. Bring to boiling. Remove from heat. Let stand 5 minutes. Drain fruit, reserving liquid.

Baking Pan or Dish?

When a recipe calls for a baking pan, do you reach for an aluminum pan, a ceramic casserole, or a glass baking dish? In *Better Homes and Gardens®* recipes, a baking pan means a metal pan. A baking dish, such as that called for in Stuffed French Toast, refers to an oven-safe glass container.

Use baking pans:

- When baking cookies, breads, or cakes for a golden, crisp crust.
- When broiling. Glass dishes cannot withstand the high temperatures.

Use baking dishes:

- When adding acidic ingredients, which can cause metal to react and discolor the food.
- When cooking moist casseroles, especially those with eggs because metal can discolor them.
- When serving food at the table, for appearance sake.

Meanwhile, core apples almost through to bottom. Peel a strip about 1 inch wide around the middle of each. Use the tines of a fork to make a crisscross or wavy pattern in the peeled area. Place apples in a 2-quart square baking dish. Combine the drained fruit mixture, sugar, and nutmeg. Spoon into centers of apples. Combine reserved liquid, cardamom, and vanilla; pour over and around apples. Bake, covered, in a 350° oven 20 minutes. Uncover; bake 20 to 25 minutes more or till apples are tender, basting occasionally with the cooking liquid. Before serving, spoon liquid over apples again. Serve warm. Garnish with edible flowers. Makes 4 servings.

Microwave directions: In a microwave-safe bowl combine apricot nectar, apricots, and cherries or cranberries. Microwave on high for 2 to 3 minutes or till boiling. Let stand 5 minutes. Drain fruit, reserving liquid. Set aside.

Meanwhile, core and peel apples as above. Place apples in a 2-quart microwave-safe baking dish.

continued on page 226

Knorr presents

Monday Night Marvels















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Knorr 3-Step Parma Rosa Chicken

Makes 4 Servings ***Total Time: 20 Minutes***

4 boneless, skinless chicken breast halves (about 1 lb)
½ tsp Italian seasoning
1 Tbsp Mazola® corn oil
1 pkg *Knorr* Parma Rosa Pasta Sauce Mix
1¼ cups milk
1 Tbsp butter or margarine
4 slices tomato (optional)
4 slices mozzarella cheese

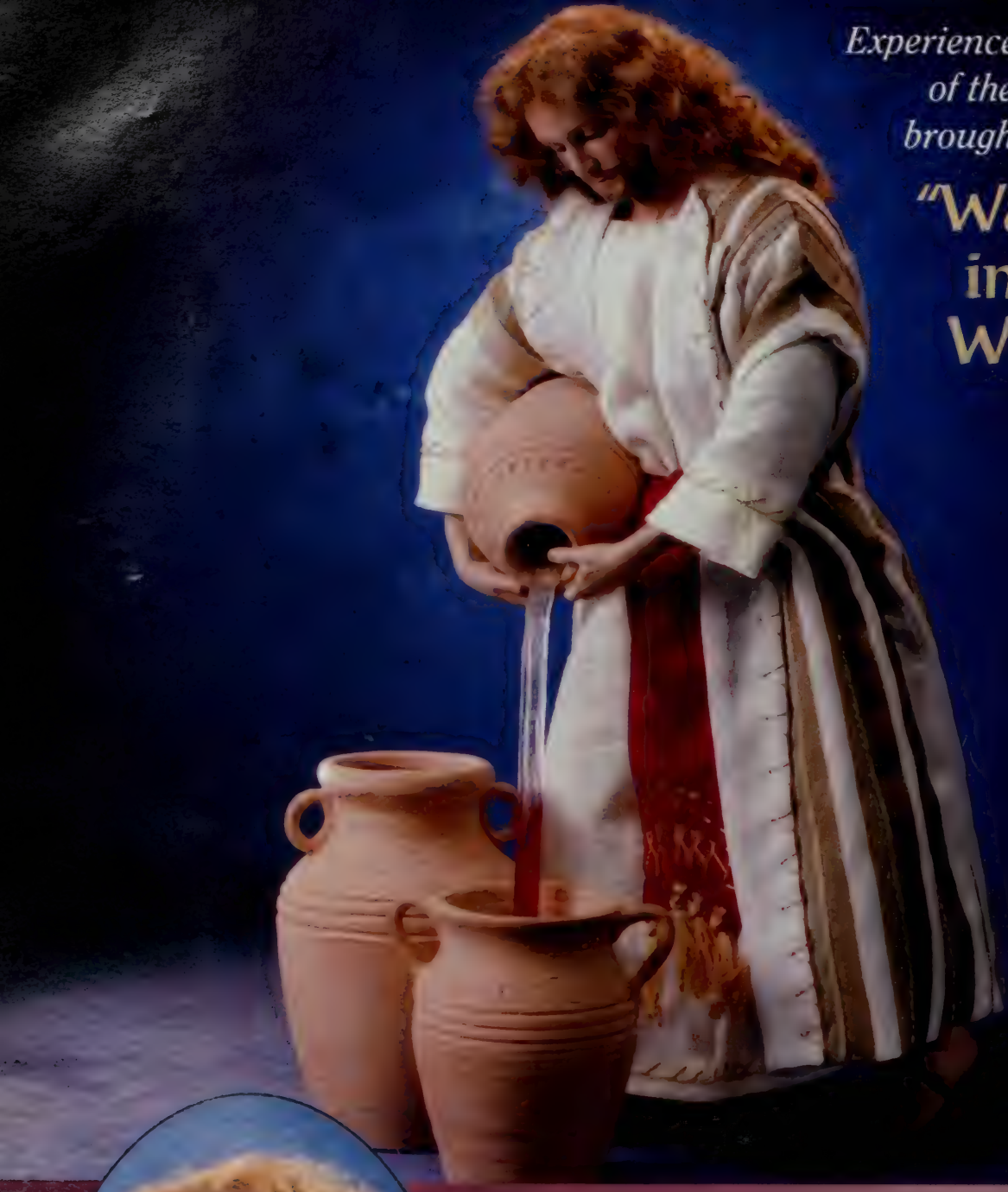
❶ Sprinkle chicken with Italian seasoning. In large skillet, heat oil over medium-high heat. Add chicken and brown, turning occasionally, about 5 minutes. Place chicken in 11x17-inch glass baking dish.
❷ In same skillet prepare pasta sauce according to package directions with milk and butter. Pour half of sauce over chicken; top with tomatoes, cheese and remaining sauce.
❸ Cover and bake in 375° oven for 10 minutes or until chicken is tender and cheese melts.

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Family Tie recipes

continued from page 222

Combine the drained fruit mixture, sugar, and nutmeg. Spoon into centers of apples. Combine reserved liquid, cardamom, and vanilla; pour over and around apples. Cover with microwave-safe plastic wrap; turn back a corner of wrap to vent. Cook on high for 4 to 8 minutes or till tender, rearranging and spooning cooking liquid over apples after 3 minutes. Serve as directed on page 222.

Nutrition facts per serving: 142 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 4 mg sodium, 36 g carbo., 3 g fiber, 1 g pro. Daily Values: 20% vit. A, 49% vit. C, 1% calcium, 6% iron.

Strawberry-Rhubarb Cobbler

Orange liqueur lends elegance to this old-fashioned dessert. You'll need about 1⅓ pounds of rhubarb to get 4 cups sliced fruit.

- 1 cup sugar
- 4 tsp. cornstarch
- 2 Tbsp. orange liqueur or orange juice
- 4 cups sliced fresh rhubarb
- 1 cup all-purpose flour
- 2 Tbsp. sugar
- 1½ tsp. baking powder
- ¼ cup margarine or butter
- 1 egg
- 2 Tbsp. milk
- 1 pint fresh strawberries, halved
- Whipped cream, half-and-half, light cream, or ice cream (optional)

In a large saucepan combine the 1 cup sugar and cornstarch. Stir in liqueur or orange juice. Add rhubarb. Cook and stir till thickened and bubbly. Remove from heat. Keep hot.

In a medium bowl stir together 1 cup flour, 2 tablespoons sugar, and baking powder. Cut in the margarine or butter till mixture resembles coarse crumbs. Stir together egg and milk; add to flour mixture, stirring just to moisten. Turn out onto lightly floured surface. Knead 5 or 6 times. Roll dough to an 11x4-inch rectangle. Cut lengthwise into ½-inch-wide strips.

Stir strawberries into rhubarb mixture. Turn hot fruit mixture into a 2-quart rectangular or oval baking dish. Weave dough strips atop fruit mixture to make a lattice top, trimming strips to fit dish. Place baking dish on a foil-lined baking sheet. Bake in a 400° oven for 20 to 25 minutes or till fruit is tender and lattice top is golden. Serve warm with cream or ice cream, if desired. Makes 6 to 8 servings.

Nutrition facts per serving: 350 cal., 9 g total fat (2 g sat. fat), 36 mg chol., 198 mg sodium, 63 g carbo., 3 g fiber, 4 g pro. Daily Values: 12% vit. A, 57% vit. C, 14% calcium, and 10% iron.

Marbled Gingerbread

This variation of the old-time classic is distinctive because of its bold fresh ginger flavor and its luscious cream cheese swirl. Chunky applesauce or sliced poached pear makes a tasty accompaniment.

- 2 3-oz. pkg. cream cheese, softened
- 3 Tbsp. granulated sugar
- 1 egg
- 1½ cups all-purpose flour
- 1 tsp. ground cinnamon
- 1 tsp. grated gingerroot
- ¾ tsp. baking soda
- ½ tsp. baking powder
- ½ cup margarine or butter, softened
- ¼ cup packed brown sugar
- ½ cup dark-colored molasses
- 1 egg
- ½ cup buttermilk or sour milk*
- Coarse sugar (optional)

For cream cheese filling, in a medium mixing bowl beat the softened cream cheese with an electric mixer on medium low speed till smooth. Beat in the granulated sugar and the first egg. Set the mixture aside.

For the gingerbread batter, in another bowl stir together the all-purpose flour, cinnamon, grated gingerroot, baking soda, and baking powder. Set mixture aside.

In a large mixing bowl beat margarine or butter with an electric mixer on medium speed for 30 seconds. Add brown sugar; beat till fluffy. Add molasses and the remaining egg; beat the mixture for 2 minutes more. Add flour mixture and buttermilk or sour milk alternately to margarine mixture, beating on low speed after each addition till combined.

Spread half of the gingerbread batter in a lightly greased and floured 8x8x2-inch baking pan (see tip, *page 222*). Pour the cream cheese filling over batter in pan. Top with remaining batter. Swirl the batter and cream cheese filling using a small spatula or bread knife to create a marbled effect.

Bake in a 350° oven about 45 minutes or till a toothpick inserted near the center of the gingerbread comes out clean. Cool on a wire rack for 30 minutes. Cut into squares; serve warm. If desired, sprinkle each serving with a little coarse sugar. Makes 9 servings.

*To make sour milk, combine 1½ teaspoons vinegar or lemon juice with enough milk to make ½ cup liquid. Let stand 5 minutes.

Nutrition facts per serving: 329 cal., 18 g total fat (7 g sat. fat), 69 mg chol., 334 mg sodium, 37 g carbo., 1 g fiber, 5 g pro. Daily Values: 22% vit. A, 0% vit. C, 8% calcium, and 15% iron.



Favorites Forever

continued from page 214

Peanut Waffles with Butterscotch Sauce

- 1¾ cups all-purpose flour
- 2 Tbsp. granulated sugar
- 1 Tbsp. baking powder
- ¼ tsp. salt
- 2 eggs, separated (see tip, *below*)
- 1¾ cups milk
- ½ cup cooking oil
- ½ cup chopped peanuts
- Margarine or butter (optional)
- 1 recipe Butterscotch Sauce
- Fresh or frozen berries (optional)

In a mixing bowl stir together the flour, sugar, baking powder, and salt. In another bowl lightly beat the egg yolks with the milk and oil; stir into dry ingredients all at once, stirring just until combined but still slightly lumpy. Stir chopped peanuts into batter. Set aside. In a small bowl beat egg whites with an electric mixer on medium speed till stiff peaks form (tips stand straight). Gently fold egg whites into batter, leaving a few fluffs of egg white. Do not overmix.

Pour about 1 cup of batter onto grids of a preheated, lightly greased waffle baker. Close lid quickly; do not open during baking. Bake according to manufacturer's directions. When done, use a fork to lift waffle off grid. Repeat with remaining batter.

Serve hot with margarine or butter, if desired, and Butterscotch Sauce. If desired, top with berries. Makes 12 (4-inch) waffles.

Butterscotch Sauce: In a medium saucepan combine 1¼ cups packed brown sugar, ⅔ cup light-colored corn syrup, ¼ cup milk, and ¼ cup margarine or butter. Bring just to boiling; reduce heat. Simmer, stirring occasionally, for 20 minutes. Serve sauce warm. (Refrigerate any remaining sauce; reheat in saucepan over low heat.) Makes about 1⅔ cups sauce.

Nutrition facts per waffle with 2 tablespoons sauce: 375 cal., 18 g total fat (3 g sat. fat), 39 mg chol., 279 mg sodium, 50 g carbo., 1 g fiber, 6 g pro.

How To Use an Egg Separator

The American Egg Board advises that the best and safest way to separate an egg is with an egg separator. Separating the egg yolk from the egg white by passing the yolk from shell to shell is not considered safe. Because bacteria found on the eggshell are so tiny, some may remain in the pores of the eggshell even after rinsing with water. By using an egg separator, you avoid letting the egg yolk and white touch the outer shell.

To use, place the separator onto a small cup. Break the egg into the separator. The separator holds the yolk as the white slips out into the cup.

Look for this inexpensive little gadget in the housewares department of your grocery store or any kitchen cookware supply store.

Cobb Salad

To make it a little easier to prepare, we suggest you use your favorite purchased French salad dressing instead of the original Brown Derby dressing that was included with the recipe in 1964.

- ½ large head lettuce, shredded (about 6 cups)
- 4 medium skinless, boneless chicken breast halves, cooked, chilled, and cubed, or 3 cups diced cooked chicken
- 2 medium tomatoes, chopped
- 3 hard-cooked eggs, chopped
- 6 slices bacon, crisp-cooked and crumbled
- ¾ cup crumbled blue cheese
- 1 or 2 medium avocados, halved, peeled, and cut into wedges
- 1 small Belgian endive
- 1 Tbsp. snipped chives or thinly sliced green onion tops (optional)
- ½ cup French salad dressing

On 4 individual salad plates or on a large platter arrange the shredded lettuce. On top of the lettuce, arrange a row each of chicken, tomatoes, eggs, bacon, and cheese.

Just before serving, tuck avocado wedges and endive leaves around the edges of the plates or platter. If desired, sprinkle with chives or green onion tops. Serve with dressing. Makes 4 to 6 main-dish servings.

For a lower-fat version: Use a low-fat or low-calorie French salad dressing in place of regular salad dressing and omit or reduce the amount of bacon and avocado.

Nutrition facts per serving: 648 cal., 43 g total fat (14 g sat. fat), 289 mg chol., 1,038 mg sodium, 18 g carbo., 4 g fiber, 48 g pro.

Nutrition facts per serving of the lower-fat version: 292 cal., 5 g total fat (3 g sat. fat), 266 mg chol., 628 mg sodium, 14 g carbo., 4 g fiber, and 44 g pro.

Roast Pork Tangerine

When this recipe first appeared in the magazine in the '60s, most center-cut pork rib roasts would have included bone. Today, boneless roasts are more popular because they are easier to serve and have less waste. If you prefer a boneless roast, purchase a 3- to 4-pound boneless pork loin center rib roast and cook it until a meat thermometer inserted in the center of the roast registers 155°.

- 1 4- to 5-lb. pork loin center rib roast, backbone loosened
- 1 tsp. dry mustard
- 1 tsp. dried marjoram, crushed
- ½ tsp. salt
- 2 tsp. finely shredded tangerine or orange peel
- ½ cup tangerine or orange juice
- 1 Tbsp. brown sugar
- Chicken broth or beef broth
- ⅔ cup chicken broth
- 3 Tbsp. all-purpose flour
- ⅛ tsp. dry mustard
- ⅛ tsp. dried marjoram, crushed
- 3 tangerines or 2 oranges, peeled, sectioned, and seeded

continued on page 231



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Philly 50th Anniversary Double Chocolate Layer Cheesecake

Prep Time: 10 minutes Baking Time: 40 minutes

2 pkg. (8 oz. each) PHILADELPHIA BRAND Cream Cheese, softened; 1/2 cup sugar; 1/2 tsp. vanilla; 2 eggs; 3 squares BAKER'S® Semi-Sweet Chocolate, melted, slightly cooled; 1 ready-to-use chocolate flavor crumb crust (6 oz. or 9 in.)

Mix cream cheese, sugar and vanilla with mixer on medium speed until blended. Add eggs; mix until blended. Stir melted chocolate into 1 cup of the batter.

Pour chocolate batter into crust. Top with plain batter.

Bake at 350°F for 40 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Makes 8 servings.

PHILLY 50th Cheesecake Anniversary

KRAFT PHILADELPHIA CREAM CHEESE

A little taste of heaven

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Favorites Forever

continued from page 228

Place pork, rib side down, in a shallow roasting pan. In a small bowl combine the 1 teaspoon dry mustard, the 1 teaspoon marjoram, and the salt; rub over meat. Insert a meat thermometer. Roast, uncovered, in a 325° oven for 1¾ hours.

In a small mixing bowl stir together the peel, juice, and brown sugar; spoon over the meat. Roast about 30 minutes more or until thermometer registers 155°, spooning pan juices over meat once or twice. Transfer meat to platter. Let stand, covered, 10 minutes before slicing.

Meanwhile, strain pan juices. Skim off fat. Measure juices; add enough broth to juices to equal ¾ cup liquid. Place the liquid in a medium saucepan. In a screw-top jar combine the ⅔ cup broth and the flour; shake well. Add to saucepan along with the ⅛ teaspoon dry mustard and the ⅛ teaspoon marjoram. Cook and stir till thickened and bubbly; cook and stir for 1 minute more. Season to taste. Stir in the tangerines or oranges; heat through. Serve with pork. Makes 10 servings.

Nutrition facts per serving: 266 cal., 14 g total fat (5 g sat. fat), 87 mg chol., 246 mg sodium, 7 g carbo., 1 g fiber, 26 g pro.

Danish Pastry Apple Bars

- 2½ cups all-purpose flour
- 1 tsp. salt
- 1 cup shortening
- 1 egg yolk
- Milk
- 1 cup cornflakes
- 8 to 10 tart baking apples (such as Cortland, Rome Beauty, or Granny Smith), peeled and sliced (8 cups)
- ½ cup sugar
- 1 tsp. ground cinnamon
- 1 egg white
- 1 Tbsp. water
- Sifted powdered sugar or whipped cream (optional)

In a large mixing bowl stir together the flour and salt. Cut in shortening till mixture resembles coarse crumbs. Lightly beat egg yolk in a glass measuring cup. Add enough milk to egg yolk to make ⅔ cup liquid total; mix well. Stir egg yolk mixture into flour mixture; mix well. Divide dough in half.

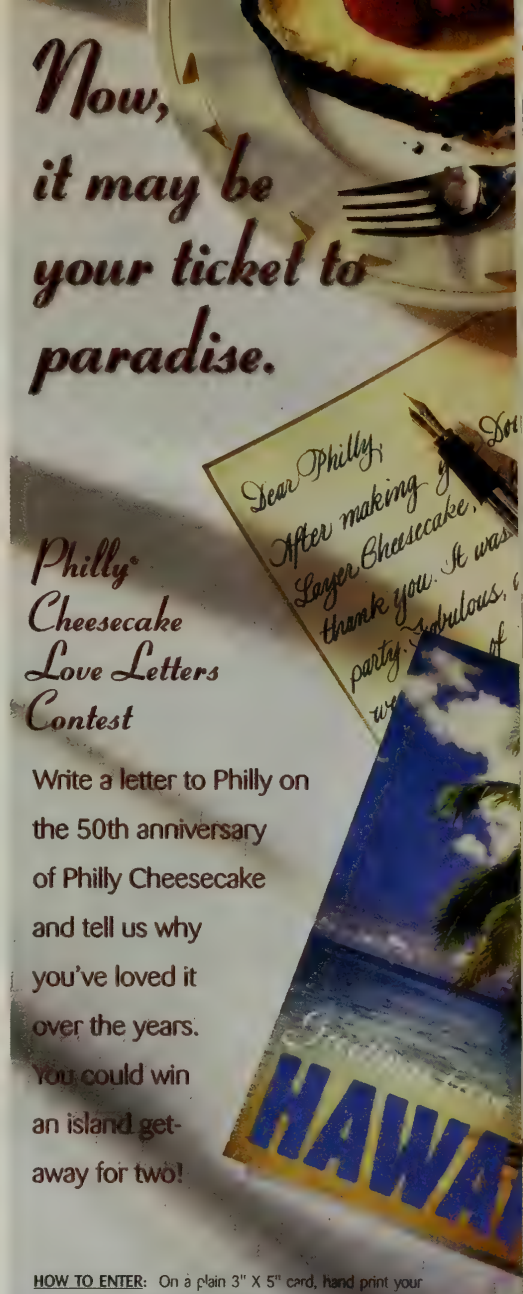
On a floured surface, roll half the dough to an 18x12-inch rectangle; fit into and up sides of a 15x10x1-inch baking pan. Sprinkle with cornflakes; top with apples. Combine sugar and cinnamon; sprinkle over apples. Roll remaining dough to a 16x12-inch rectangle; place over apples. Seal edges; cut slits in top for steam to escape. Beat egg white and water; brush over pastry. Bake in a 375° oven about 50 minutes or till golden. Cool on a wire rack. Serve warm or cool, topped with powdered sugar or whipped cream. Makes 32 bars.

Nutrition facts per bar: 128 cal., 7 g total fat (2 g sat. fat), 7 mg chol., 80 mg sodium, 16 g carbo., 1 g fiber, and 1 g pro. Daily Values: 2% vit. A, 2% vit. C, 0% calcium, 3% iron. ♦

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HOW TO ENTER: On a plain 3" X 5" card, hand print your complete name and address (including zip code) and date of birth. On a separate piece of paper, type or hand print your essay of 50 words or less describing your love of Philly Cheesecake. Include two proofs of purchase (UPC Symbols) from packages of Philadelphia Brand Cream Cheese. Mail your entry to: PHILLY® CONTEST, P.O. Box 7125, Melville, NY 11775-7125. Judging will be based on the following criteria: Originality and creativity (50%) and appropriateness to contest theme–Love of Philly Cheesecake–(50%). • Void where prohibited. • Contest ends 4/15/97. • Subject to additional restrictions contained in Official Rules. • For Official Rules, send a self-addressed, stamped #10 envelope to: RULES REQUEST, P.O. BOX 7224, MELVILLE, NY 11775-7224. Requests must be received by 4/1/97. Residents of the states of Wash. and Vt. only need not affix return postage. • Open to U.S. residents, 18 years of age or older who are not professional writers. • (1) Grand Prize: A 7-day, 6-night trip for two to Maui. Includes round-trip coach air transportation from/to major airport nearest winner's home, hotel accommodations (double occupancy), car rental (excludes tolls, taxes, CDW, parking and gas) and $500 spending money. (Approx. retail value $5,700.) (24) First Prizes: A 5-day, 4-night trip for two to Sandals Resort, Montego Bay, Jamaica. Includes round-trip coach air transportation from/to major airport nearest winner's home, all-inclusive hotel accommodations (double occupancy). (Approx. retail value $4,140 each) • Residents of the states of Md. and Vt. only need not submit proofs of purchase along with entry. ©1997 Kraft Foods, Inc.



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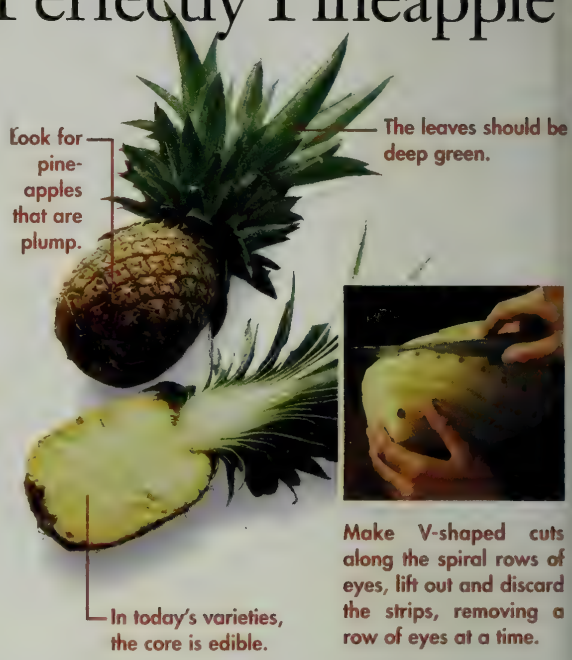
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food

Perfectly Pineapple



Think of it as the friendly fruit. In the Caribbean West Indies, pineapples dangling in doorways have long been a sign of welcome. Using the exotic fruit as a symbol of hospitality spread to Europe and parts of the United States, where its familiar shape often is found today on gateposts, in doorways, or on tableware.

There's nothing more hospitable than serving up sweet wedges of fresh pineapple. Many people must agree because it's among the most popular of all tropical fruits. Come spring, fresh pineapples appear in greater numbers in the supermarkets—although they're available year-round. A quick trip through the produce section reveals rows of whole fresh pineapples alongside ready-to-eat fresh pineapple that is peeled, cut, and packaged. This year, you'll find new hybrid pineapples which are twice as sweet as most pineapples and contain four times the amount of vitamin C.

Squeeze and sniff. Don't be shy when shopping for pineapple. Look for the ones that are plump; the larger the fruit, the greater the proportion of edible meat. The leaves (the crown) should be bright and fresh, with a deep green color. Contrary to popular lore, the ease with which a leaf can be pulled out is not a sign of ripeness. Gently squeeze the fruit; it should be slightly soft to the touch, yet firm, with no leaks. Sniff the base of the fruit, too; it should have a sweet, fragrant aroma. The peel color is an indication not of ripeness or maturity, but of variety. Avoid fruit that looks old or bruised, has brown leaves, or has soft or brown spots on the peel.

The new golden variety of pineapple is larger, plumper, and heavier than most varieties, and the exterior shell and interior flesh have a rich, golden tone.

Serving: the sooner, the better. Unlike most fruits, a pineapple does not continue to ripen or sweeten after it is picked because it has no starch reserve to convert into sugar. Use pineapple as soon as possible after purchase. You can store the whole fruit at cool room temperature for three or four days, but for best results, store it in the refrigerator. Refrigerate cut pineapple, covered with plastic wrap, for up to three days. A medium pineapple weighs about 3 pounds and yields about 3 cups of cut-up, peeled fruit. Go ahead, dig in! One cup of pineapple contains only about 50 calories.

Peeling is a snap. To peel a pineapple, start by twisting or cutting off the top. Using a sharp knife, cut off the stem and the bottom ends on a cutting board. Stand the fruit upright and slice off the prickly outer peel from top to bottom.

The peeled pineapple will be studded with "eyes" that lie in diagonal spirals around the fruit. Make V-shaped cuts along the spiral rows of eyes, then lift out and discard the strips, removing a row of eyes at a time (see photo, *page 232*). This is an easy way to remove the eyes with minimal waste. Halve or quarter the fruit vertically, or cut it horizontally into thin or thick slices.

In modern varieties of pineapples, the cores are only a little harder than the surrounding flesh and can be eaten, especially if thinly sliced. However, if you think the core is too hard, remove it.

Kitchen shops carry handy little gadgets that peel and core at the same time, then you trim the eyes with a knife. An alternative method is to cut off the crown and base, slice the pineapple into wedges, then cut away the peel. Of course, there is also the option of buying the pineapple already peeled and cut.

Try it with cinnamon. In Hawaii, you'll find pineapple in almost every dish, from curries and salsas to sandwiches, seafood, and desserts. At home, slip some pineapple cubes onto seafood skewers before grilling or broiling, or grill thick wedges alongside chicken. Stir some chopped fruit into a rice pilaf just before serving. Good flavor matches include brown sugar, mint, cinnamon, cloves, and allspice. In Asia, it is common to sprinkle a little salt on fresh pineapple.

Fresh pineapple contains a natural enzyme which prevents gelatin from setting. For gelatin salads or desserts with a taste of pineapple, use canned pineapple instead.

Is it a cousin of the apple? In most languages, the word pineapple is based on *nana* or *anana*, which means "excellent fruit" or "fragrance" in the Brazilian Tupi Indian language. The original home of the pineapple, in fact, was the lowlands of Brazil, but the fruit spread throughout the tropics, including to Guadeloupe, where Christopher Columbus discovered it in 1493. The Spanish explorers gave this fruit the name *piña*, which means "pinecone" in Spanish, because of its resemblance to a pinecone. The English added "apple" to associate it with juicy sweet fruit.

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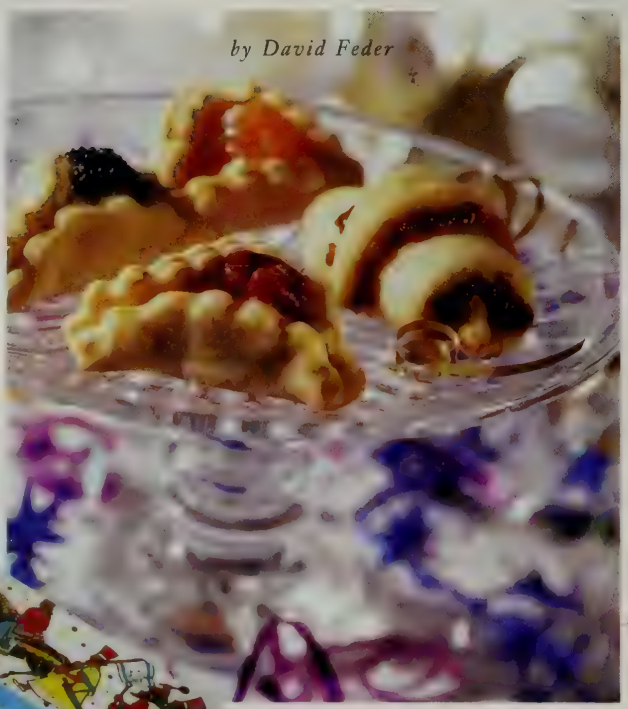
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Primed for Purim

by David Feder



Every culture celebrates spring. Springtime holidays, such as the Jewish festival of Purim, are celebrations of renewal. Purim, like Mardi Gras, includes parties and treats. Costumes and noisemakers figure largely and loudly, as do the traditional triangle-shaped cookies called hamentashen, (hah-men-TASH-en) and the scroll cookies known as rugelach (roo-ge-LACH).



Hamentashen and Rugelach

Purim, celebrated by the Jewish people for over 2,500 years, is a time for giving out traditional gift packages of cookies. Use this basic recipe for both hamentashen and rugelach cookies.

- ½ cup margarine or butter, softened
- ¼ cup granulated sugar
- ¼ cup packed brown sugar
- 2 eggs
- ¼ cup orange juice
- 2 tsp. baking powder
- 1 tsp. vanilla
- ⅛ tsp. salt
- 2¾ cups all-purpose flour

In a large mixing bowl beat margarine or butter with an electric mixer on medium speed for 30 seconds or till softened. Add sugars, beating till light. Beat in eggs, one at a time, till well combined. Slowly add orange juice, baking powder, vanilla, and salt (mixture may appear curdled). Beat in as much of the flour as you can with the mixer.

Stir in the remaining flour by hand. Cover and chill dough 2 hours or till easy to handle. Divide dough for each type of cookie and chill.

For Hamentashen: Prepare dough as directed, adding 2 teaspoons finely shredded orange peel with the orange juice. Divide dough in half. For filling, use ½ cup pie filling (such as poppy seed, prune, apricot, and/or cherry). On a lightly floured surface, roll one portion of the dough to ⅛-inch thickness. Using a fluted biscuit or cookie cutter, cut into 2¼- to 2½-inch circles, rerolling scraps as necessary. Brush edge of circles with water. Spoon ½ teaspoon desired filling onto center of each circle.

Bring two of the circle's opposing edges together towards top to make a "V" and pull the unfolded edge down, pinching the edges together to form a shape like a three-cornered "hat." Leave center slightly open to expose filling. Place hamentashen on an ungreased baking sheet.

Repeat with the remaining dough and filling. Bake in a 350° oven for 10 to 12 minutes or till cookies are lightly browned. Makes about 60 hamentashen.

Nutrition facts per poppy seed cookie: 51 cal., 2 g total fat (0 g sat. fat), 7 mg chol., 39 mg sodium, 7 g carbo., 0 g fiber, 1 g pro. Daily Values: 2% vit. A, 1% vit. C, 1% calcium, 2% iron.

For Rugelach: Prepare and chill basic dough as directed at left, dividing it into 5 portions. Soak 1 cup raisins in 1½ cups boiling water for 10 to 15 minutes. Drain raisins, discarding liquid. In a food processor bowl combine raisins with ½ cup toasted pistachios and/or walnuts, 1 tablespoon honey, 1 tablespoon orange juice, 1 teaspoon ground cinnamon, and ⅛ teaspoon ground cloves; process the mixture till coarsely chopped.

On a lightly floured surface, roll one portion of dough into an 8-inch circle, ⅛ inch thick. Spread about 2 tablespoons of the filling on the circle of dough and cut the circle into 12 equal wedges. Starting from the wide end of each wedge, roll up towards the point. Place, point up, on an ungreased baking sheet. Bake in a 350° oven for 12 to 15 minutes or till lightly browned. Cool on rack. Repeat with remaining dough and filling. Makes 60 rugelach.

Nutrition facts per cookie: 57 cal., 2 g total fat (0 g sat. fat), 7 mg chol., 37 mg sodium, 8 g carbo., 0 g fiber, 1 g pro. Daily Values: 2% vit. A, 1% vit. C, 1% calcium, 2% iron.



Treat family and friends to the most rewarding egg hunt ever with Surprise Cupcakes. The 100% pure, natural sweetness of Domino® Granulated and Light Brown Sugars makes a unique, rich batter created specially to hold and hide your tasty surprise.

Easter Surprise Cupcakes

⅔ cup butter or margarine, softened
1 cup Domino® Light Brown Sugar, firmly packed
¾ cup Domino® Granulated Sugar
2 eggs
1 tsp. almond or vanilla extract
2¾ cups all-purpose flour
2½ tsps. baking powder
1 tsp. salt
1¼ cups milk
24 unwrapped small chocolate eggs
Domino® Flavored or Regular Confectioners Sugar

To make cupcakes: Heat oven to 350°. Grease 24 medium muffin tins or line with paper baking cups. Mix butter, sugars, eggs and extract in large mixing bowl until blended. Beat on high speed, scraping bowl occasionally, 5 minutes. On low speed, beat in flour, baking powder and salt alternately with milk.

To hide surprise: Fill muffin cups ⅓ full and place unwrapped chocolate egg in center of each. Top with remaining batter, until ⅔ full. Bake 18–20 minutes or until top springs back when touched. Cool.

To decorate: Use Domino® Flavored Confectioners Sugar to make lemon, chocolate or strawberry frostings. Decorate as desired.

Makes 24 cupcakes.

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by Shelli McConnell

The classic surf and turf combo—lobster and steak—may never go out of style, but how about an updated approach to the popular notion of pairing seafood and meat in one delicious meal?



Surf 'n' Turf Revisited

Salmon in Pancetta Cream Sauce

Just a touch of pancetta, a slightly salty Italian bacon, makes this entrée sensational.

- 1 lb. fresh or frozen salmon fillets, about ½ inch thick and cut into 4 portions
- 1 medium carrot, cut into julienne strips (½ cup)
- 1 small zucchini, cut into julienne strips (1¼ cups)
- 1 small yellow summer squash, cut into julienne strips
- 1 oz. pancetta, sliced, or 2 strips bacon
- ¼ cup sliced green onions
- ¾ cup whipping cream
- 2 Tbsp. snipped fresh basil
- Fresh basil leaves (optional)

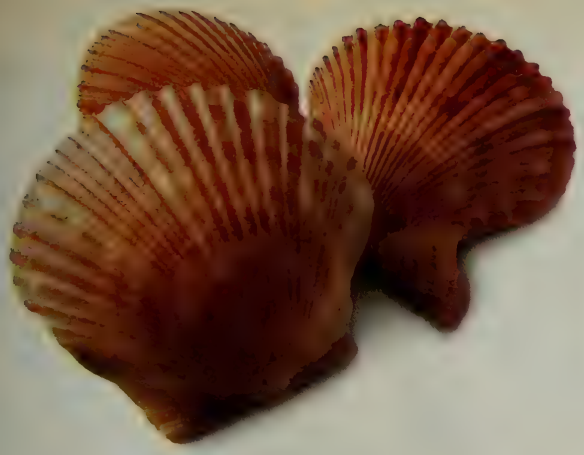
Thaw fish, if frozen. In a steamer basket over, but not touching, boiling water, steam strips of carrot, zucchini, and squash about 3 minutes or till crisp-tender. Keep warm.

For sauce, in a small skillet cook pancetta or bacon till crisp. Remove pancetta, reserving 1 tablespoon drippings in skillet. Set aside remaining drippings. Coarsely crumble pancetta or bacon; set aside. Cook onions in reserved drippings 2 minutes or till tender. Carefully stir in whipping cream. Bring to boiling; reduce heat. Boil gently, uncovered, 4 to 5 minutes or till reduced and slightly thickened (you should have about ½ cup). Stir in snipped basil. Remove from heat; keep warm.

Rinse fish and pat dry with paper towels. Place fish on the greased unheated rack of a broiler pan. Tuck under thin edges of fish. Brush with reserved drippings; sprinkle with *pepper*. Broil 4 inches from heat for 4 to 6 minutes or till fish just begins to flake easily. To serve, divide sauce among 4 dinner plates. Place fish atop sauce. Add vegetables and crumbled pancetta. If desired, garnish with basil leaves. Serves 4.

Nutrition facts per serving: 296 cal., 22 g total fat (12 g sat. fat), 84 mg chol., 147 mg sodium, 6 g carbo., 2 g fiber, 19 g pro. Daily Value: 65% vit. A, 10% vit. C, 5% calcium, 8% iron.

continued on page 238





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Surf 'n' Turf

continued from page 236

Chicken and Shrimp Tortilla Soup

Start to finish, this citrusy Mexican-style soup takes 20 minutes or less.

- 6 oz. fresh or frozen peeled, deveined shrimp
- 1 large onion, chopped
- 1 tsp. cumin seed
- 1 Tbsp. cooking oil
- 4½ cups reduced-sodium chicken broth
- 1 14½-oz. can Mexican-style stewed tomatoes
- 3 Tbsp. snipped fresh cilantro
- 2 Tbsp. lime juice
- 10 oz. shredded, cooked chicken breast (about 1⅔ cups)
- 1 recipe Crisp Tortilla Shreds (see recipe, *below*)
- Snipped fresh cilantro (optional)

Thaw shrimp, if frozen. In a large saucepan cook onion and cumin seed in hot oil about 5 minutes or till onion is tender, stirring occasionally. Carefully add the broth, tomatoes, 3 tablespoons snipped cilantro, and lime juice. Bring to boiling; reduce heat. Simmer, covered, for 8 minutes. Add the shrimp and chicken. Cook 3 minutes more or till shrimp turn pink, stirring occasionally.

To serve, ladle soup into bowls. Top each serving with Crisp Tortilla Shreds. Makes 6 main-dish servings.

Crisp Tortilla Shreds: Brush four 5½-inch corn tortillas with 1 tablespoon cooking oil. In a small bowl stir together ½ teaspoon salt and ⅛ teaspoon pepper. Sprinkle salt mixture over tortillas. Using a sharp knife, cut tortillas in half, then cut each half into thin shreds. On a baking sheet arrange the tortilla shreds in a single layer. Bake in a 350° oven about 8 minutes or till crisp.

Nutrition facts per serving: 160 cal., 5 g total fat (1 g sat. fat), 80 mg chol., 794 mg sodium, 8 g carbo., 0 g fiber, and 21 g pro. Daily Values: 7% vit. A, 22% vit. C, 2% calcium, and 10% iron.

Seafood Risotto with Peppered Steak

Feature a trio of seafoods in the rice, or just one or two. If using squid, request cleaned squid at your seafood market. If it's unavailable, read the recipe note below to learn how to clean it yourself.

- 12 oz. fresh or frozen cleaned squid*; bay scallops; and/or peeled, deveined shrimp, halved lengthwise
- 8 oz. beef top loin steak or tenderloin, cut 1 inch thick
- 1 tsp. olive oil or cooking oil
- 1 tsp. coarse ground pepper
- ¾ tsp. dried thyme, crushed
- 2 small shallots, finely chopped
- 4 cloves garlic, minced
- 1 Tbsp. margarine or butter
- 1 cup Arborio or short-grain rice
- ½ cup dry white wine or chicken broth
- ½ tsp. dried thyme, crushed
- 1 14½-oz. can chicken broth
- 1¼ cups water
- Fresh chives (optional)
- Shaved Parmesan cheese (optional)

Thaw squid, scallops, and/or shrimp, if frozen. Rub both sides of steak with oil. Then, sprinkle both sides of steak with pepper and ¾ teaspoon thyme, pressing into surface. Cover and chill steak till needed.

In a medium saucepan cook shallots and garlic in hot margarine or butter till tender. Add the uncooked rice. Cook and stir for 2 minutes more. Carefully add the wine or ½ cup chicken broth and ½ teaspoon thyme. Cook and stir till most of the wine is absorbed.

Meanwhile, in a 1-quart saucepan bring the remaining broth and water to boiling. Add ½ cup broth mixture to the rice mixture, stirring constantly over low heat till rice has absorbed most of the broth. Continue adding the broth, ½ cup at a time, stirring constantly for 15 minutes. Add the squid, scallops, and/or shrimp. Cook and stir about 5 minutes more or till rice is tender and seafood is done.

Place steak on the unheated rack of a broiler pan. Broil 3 to 4 inches from the heat for 10 to 12 minutes for medium rare, turning meat over once halfway through grilling time.

To serve, cut the beef across the grain into very thin slices; season to taste with salt. Fan the steak slices on dinner plates. Spoon the rice mixture, or risotto, atop. Garnish with chives and shavings of Parmesan cheese. Makes 6 servings.

**Note:* If cleaned squid is not available, here's how to clean it: Pull head and tentacles out of the body. Cut the head off the tentacles. Reserve tentacles; discard head. Remove and discard any entrails that remain in the body. Pull out and discard the clear cartilage "pen" running down the back of the body. With your fingers, peel skin off outside of the body, leaving body whole. Rinse body; pat dry. Using a sharp knife, cut body and tentacles crosswise into ½- to 1-inch rings.

Nutrition facts per serving: 267 cal., 6 g total fat (2 g sat. fat), 96 mg chol., 315 mg sodium, 29 g carbo., 0 g fiber, and 19 g pro. Daily Values: 7% vit. A, 5% vit. C, 4% calcium, and 23% iron. ⌂

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food

In a Pickle

When packed in jars and stacked on shelves, pickles may look the same, but there are differences. The descriptions below will help you pick a pickle.

Dill: From the mild kosher to zesty spears, dill pickles suit a range of tastes. Try plain dills with mild-tasting meats, such as chicken, turkey, and canned tuna or salmon.

Kosher dill: With classic dill and garlic flavor, the kosher is the most popular pickle of the pack. (The term kosher, with regard to pickles, means the pickles are garlic flavored.) Kosher dills taste great with hot grilled sandwiches.

Polish dill: The Polish builds on the dill pickle with more garlic flavor and seasoning. Pair it with rye bread, ham, or Swiss cheese.

Zesty dill: This seasoned dill has the garlic flavor of a kosher or Polish pickle with peppery heat.

Bread-and-butter: Not too sweet and not too tart, this classic pickle goes well with luncheon meat sandwiches and hamburgers.

Sweet: These snappy pickles marinate in sugar and often a hint of spice, such as cloves or ginger. Try them with turkey, ham-and-cheese, or BLT sandwiches.

Gherkin: A smaller version of the sweet pickle, gherkins look pretty on a relish tray or paired with a mild sandwich, such as chicken or tuna salad. Kids favor these gems!

Kosher deli: You'll find these fresh-tasting pickles in the refrigerated section of most supermarkets. Because they're packed fresh, they need chilling, even before opening.

Garlic deli: Pair these bold, spicy refrigerated pickles with deli-style sandwiches.

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FAMILY DINNER FAVORITES

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DOLE®
Page 217

KRAFT® Jet-Puffed® Miniature Marshmallows
Page 246

Morton Salt

Creamy Pineapple Coconut Pie

Prep: 10 min.
Chill: 2 hrs.

- 1 20-oz. can DOLE® Crushed Pineapple
- ¾ cup low fat milk
- 1 4-serving package vanilla instant pudding mix
- ½ cup flaked coconut, toasted
- 1 9-inch ready-made graham cracker crust
- 1 cup frozen non-dairy whipped topping, thawed

Additional toasted flaked coconut (optional)

Drain pineapple well; reserve ¼ cup juice.

Combine pineapple, reserved juice, milk, pudding mix and coconut in large bowl. Beat 2 minutes at low speed of electric mixer until blended.

Pour pineapple filling into crust. Spread whipped topping evenly over filling. Chill at least 2 hours or overnight before serving. Garnish with additional coconut, if desired. Serves 8.

Rocky Road Marshmallow Candy

- 1 12-oz. package semisweet chocolate chips
- 1 cup chunk-style peanut butter
- 3 cups KRAFT® Jet-Puffed® Miniature Marshmallows (½ of 10½-oz. bag)

Microwave chocolate chips and peanut butter on High 2 to 3 minutes until melted, stirring after each minute.

Fold in marshmallows.

Spoon into a greased 9 x 2 inch square pan.

Chill until firm and cut into squares.

Makes 36 1½-inch squares.

Season'd Chicken and Dumpling Soup

- 1 whole chicken, quartered (about 3 ½ lbs.)
- 10 cups water
- 1 chicken bouillon cube
- 1 large onion, diced
- 1 large carrot, cut into 1-inch pieces
- 2 stalks celery, chopped
- ½ tsp. dried sage, crushed
- ¼ tsp. celery seeds
- 3 Tbsp. Nature's Seasons® seasoning blend
- 2½ cups sliced carrots
- 1½ cups sliced celery
- 1 cup chopped green pepper
- ¼ cup all-purpose flour
- ½ cup water
- 1 8½-oz. pkg. flour tortillas (6- to 8-inch)
- ⅓ cup snipped parsley

Place chicken in large saucepan or Dutch oven. Add water, bouillon cube, onion, cut-up carrot, chopped celery, sage, celery seed and 2 tablespoons Nature's Seasons® seasoning blend. Bring to boiling; reduce heat. Simmer covered until chicken is tender, about 1½ to 2 hours.

Remove chicken; allow to cool. Remove skin, then chicken from bones. Discard bones and skin. Season chicken with 1 teaspoon Nature's Seasons® seasoning blend; cool. Cut meat into small pieces.

Skim fat from broth. Add sliced carrots, sliced celery, ½ cup of chopped peppers and chicken meat. Bring mixture to boiling; reduce heat and simmer 10 minutes or until vegetables are crisp-tender. Combine flour with water; stir into broth. Cook until slightly thickened, stirring constantly. Cut tortillas* into strips and drop onto hot broth. Cover and simmer 5 to 8 minutes or until soup thickens and "dumplings" are soft. Adjust seasoning with remaining Nature's Seasons® seasoning blend. Garnish each serving with fresh snipped parsley and remaining peppers. Serve immediately with fresh ground pepper. Serves 8.

* Tortillas may be cut into wide or narrow strips, as desired.

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Good-for-the-Soul Food

by Richard Swearinger



The ritual of mealtime helps build family bonds that will endure, but schedule conflicts make it a challenge to get together around the table. Here's how you and your family can make it happen.

It's coming up on 6:30 p.m.—what used to be the traditional family dinner hour—and as usual, the dinner table at the Alquist home in suburban Los Angeles is deserted.

Brian, 9, is just getting out of his tae kwon do class and is waiting for his ride home; Amanda, 13, will be in her dance class until 7:30; father Chuck, a police detective, has an investigation that's running late and still hasn't started his 90-minute commute, while mom Linda is stuck at the office meeting a late deadline.

Despite what seem like insurmountable obstacles, they still manage to have dinner together this evening, just as they do four or five nights a week. What's their secret? "We eat really late," says Linda Alquist, a newspaper editor, who says she makes sure her kids get a "really solid snack" after school to tide them over until dinner, which is usually served sometime after 8 p.m.

But families like the Alquists, who work hard to preserve an important family ritual, are facing ever-higher hurdles and that's a problem, say

continued on page 244


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Pepperoni Alfredo

Wake up this easy-to-make restaurant favorite with HORMEL® pepperoni.

8 oz. fresh or dried fettucini, uncooked
2 tablespoons butter or margarine
1 cup half-and-half (light cream)
¼ teaspoon each ground nutmeg and white or black pepper
½ to ¾ cup grated Parmesan cheese
6 to 8 ounces sliced HORMEL® pepperoni

Cook fettucini; keep warm. Melt butter in large skillet. Stir in half-and-half, nutmeg and pepper. Cook and stir 5 minutes or until mixture thickens slightly. Stir in cheese and cook over low heat just until melted, stirring constantly. Immediately stir in pepperoni and fettucini; toss to coat with sauce. Makes 4 servings.



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Soul Food

continued from page 242

experts. When we miss family dinners, we miss the chance to demonstrate our support for one another, which, when combined with the restorative powers of food, is the glue that holds family relationships together and makes life a little better.

"The world can be so cruel, it's nice coming home to a family where they say 'how was your day?'" says Fredric Medway, a professor of psychology at the University of South Carolina and an expert on rituals, such as mealtimes, that nurture the human spirit. "It's a time for a family to talk, reflect on activities during the week, find out what everyone is doing; it allows everyone to interact."

While more than half of all families manage to eat dinner together five or more times a week, there are still many barriers to assembling the clan around the table: A poll of 1,000 people by the National Pork Producers Council found that conflicting schedules are the major obstacle to regular mealtimes for 64 percent of those interviewed. Other reasons: no time to cook and no interest from family members.

Sometimes there are seemingly unavoidable conflicts. Many employers are imposing mandatory overtime, and some parents have to hold down two jobs just to make ends meet. In the pork council poll, 42 percent cited work schedules as the reason they can't eat together.

But time has to be found, say experts, because mealtime is often the only opportunity parents and children have to interact for an uninterrupted hour. It's also a good way to stay tuned in to your family's well-being, Medway says.

The first step in getting the family together at mealtimes is to make it the number one priority, say time management experts. "If you're going to get together for dinner, write it on the calendar as if it were a



THE FIRST STEP IN GETTING THE FAMILY TOGETHER AT MEALTIME MORE OFTEN IS TO MAKE IT YOUR TOP PRIORITY

business appointment. It sounds far-fetched, but do it," says Jeffrey J. Mayer, author of *Time Management for Dummies* (IDG Books Worldwide, $16.99). "It's about taking control. If it's important to get home for dinner, then you'll do it."

Mayer's advice is simple when it comes to activities that interfere with mealtimes: Drop them. "Many times mom and dad schedule so many things for kids they've run them ragged," he says.

Here are some other ways to help you get your family to the table.

- If you never eat together, set aside one day of the week for family meals: The best day is one when there are no scheduling conflicts, but if there are, cancel the conflicting activity.
- Ignore family members' protests: We live in an age when individuality is given precedence over family and social obligations, but once family members get into the swing of eating together, they'll thank you.
- Start young: When children get into the habit early, family mealtime becomes a ritual they'll rely on when they enter those trying teen years.
- Look beyond dinner: Scheduling breakfast or brunch on weekends can be a good way to get family members to eat together. And because everyone won't be tired and frazzled, the meal just might be more lively.
- Involve everyone: Assign tasks to each family member. When everyone pitches in, the whole enterprise goes much more quickly and seems less like drudgery.
- Make snacks: When you have to eat late, take a tip from the Alquists and supply afternoon snacks to keep appetites tamed until dinnertime, either by sending them along to the kids' after-school day-care centers or having some healthy snacks waiting in the refrigerator at home. An easy way to do this is to double up when making lunches. If you're making one sandwich anyway, make two and set one aside for a snack.
- Turn off the television: A lot of families watch TV throughout the dinner hour, but having it on makes communication almost impossible and defeats the purpose of getting together.
- Buy a slow cooker: You can often get one for less than $30. With a little advance planning, slow cookers or crockery cookers allow you to put dinner on the table with a minimum of fuss. (You can make it a bit easier by relying on a cookbook — a good bet is *Better Homes and Gardens® Crockery Cook Book, $14.95.*)
- Keep it simple: There's no need to make a major production out of mealtime. It's not necessary to serve seven courses and set out finger bowls to promote family togetherness. Everyone is there to eat, but what's more important is that you're bringing your family together to share what led you to create a family in the first place: love.

For recipes that will have your clan clamoring for more meals together, see "Family Ties" on page 198.



Brown Bag Ideas

Tired of unhealthy, expensive grab-and-go lunches? You'll have better lunches in the bag with the following brown-bag ideas. They provide a fresh-tasting break from the usual midday meal routine.

Fiesta! Lunch

Sauce up your chicken salad. Substitute salsa and a little low-fat sour cream for mayonnaise. Roll the salad up with a lettuce leaf in a soft flour tortilla. A small bag of baked tortilla chips and a container of black bean dip, plus some toasted pumpkin seeds (*pepitas*), make lunch a fiesta.

"Ciao" Down

For this totable Italian concerto, mix soft-style chive-and-onion-flavored cream cheese with a pinch or two of dried basil. Sandwich between Italian bread with strips of red and green sweet pepper and sliced ripe olives. Shredded zucchini tossed with low-fat Italian dressing makes a *bellissimo* salad. For dessert, try amaretto cookies or biscotti.

It's All Greek

Stir some sliced black olives, a dash of lemon juice, and a pinch of oregano into your favorite tuna salad. Spoon into pita halves and top with diced cucumbers and tomatoes. For more Mediterranean flavor, add some feta cheese, too. Opt for pita chips instead of potato chips, then stay light with an apricot bar or splurge with a piece of bakery-fresh baklava for dessert.

Paris, Texas

Hearty Southwest flavors on crusty French bread—*voilà*, Pardner! Stack slices of smoked turkey on a baguette and blazon with barbecue sauce, pickled jalapeño slices, sweet relish, and Dijon-mayonnaise. Pack a side of tomato slices for the sandwich, and add a bag of baked white corn tortilla chips. A slice of banana bread satisfies the sweet tooth to round out this Paris-meets-Texas lunch.

English Garden

Paper-thin cucumber slices and alfalfa sprouts on whole wheat bread refresh cold poached salmon. Dress with chopped watercress stirred into a little low-fat mayonnaise; salt and pepper to taste. When accompanied by baby carrots and celery sticks, plus fresh strawberries for "afters," this becomes a "simply smashing" take-to-the-office lunch. ⌂

A Jet-Puffed's idea of appetite ap-peel.



Banana Marshmallow Pie

•1 package (4 serving size) JELL-O Vanilla Instant Pudding & Pie Filling
•1 3/4 cup milk
•1 cup frozen whipped topping, thawed
•2 cups KRAFT Jet-Puffed Miniature Marshmallows (1 3/4 of a 10 1/2 oz.)
•2 medium bananas, sliced
•1 9-inch graham cracker crust

PREPARE pudding mix according to package directions except using 1 3/4 cups milk. Set for 3 to 5 minutes. FOLD in whipped topping and marshmallows. LAYER bananas on graham cracker crust. SPOON filling over bananas. Chill at least one hour.

Makes 6 to 8 servings.

What's the best part about serving a delicious Banana Marshmallow Pie made with America's favorite...KRAFT Jet-Puffed Brand Marshmallows? There's enough to treat the whole bunch!



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food

A Toast to Roasting

Roasted vegetables have become the darling of restaurant chefs. Yet, good home cooks from Italy to Iowa have been roasting veggies since potatoes and heat first met. The high, dry heat of roasting creates a deep, intense flavor and heightens each vegetable's natural sweetness while the alluring caramel color snares diners even before they dig in.

Get the Most from Your Roast

Select the freshest vegetables in the bin. Peel and trim them as you normally would. Cut large vegetables, such as eggplant, in half lengthwise, or cube or slice. Slice round or oval vegetables into halves or quarters, depending on their size. Others, such as asparagus, mushrooms, and small zucchini, can be roasted whole.

Brush vegetables with olive oil or cooking oil. Place in baking pans, allowing plenty of room around each piece so vegetables will roast and brown, not steam. Roast vegetables on the middle rack of your preheated oven, using tongs to turn them halfway through baking. Higher oven temperatures brown roasted vegetables most successfully, but we've also provided timings for a lower setting. The baking time will depend on the vegetables; they're ready to eat when tender but still firm. If you're cooking a mixture, add faster-cooking vegetables toward the end.

Serve roasted vegetables hot or chilled. Enjoy them plain, or drizzle with additional oil and sprinkle with salt, pepper, lemon juice, and/or snipped fresh herbs.

VEGETABLE ROASTING CHART

Vegetable	425° Minutes	350°
Asparagus, whole	15	30
Carrot, 1½-inch chunks, halved	20	50
Eggplant, 1-inch slices, quartered	15	30
Fennel bulb, quartered	30	45
Mushroom, whole	15	25
Onion, 1-inch wedges	20	35
Potato, baking, 1½-inch chunks	25	45
Potato, new, halved	25	50
Sweet pepper, quartered	20	30
Tomato, halved	15	25
Zucchini, 1½-inch chunks, halved	15	30

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With spots.

Help! There are dalmatians
on your kitchen table.



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corn chips, bottled or homemade salsa and shredded cheddar cheese make delicious nachos. Cook in the microwave for 30–60 seconds and enjoy.

California Ripe Olives &...

salad greens, julienne bell pepper (yellow, red or green), sliced ham, red onion rings, and tomato quarters. Toss with bottled Italian salad dressing to make a healthy salad for lunch or dinner.





California Ripe Olives &...

pasta cooked according to package directions. Toss with prepared pasta sauce of your choice, green pepper strips and chopped fresh herbs to make dinner a snap.



Remember the California Ripe Olives

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Sweet Onion Spread



Roasted Sweet Onion and Garlic Spread

Serve this sweet and mild onion spread on toast points alongside a salad, or use it as a spread on sandwiches.

- 2 medium sweet onions (Texas Sweet 1015, Maui, Vidalia, or other)
- 2 tsp. olive oil
- 2 tsp. honey
- 4 large cloves garlic, peeled
- ⅛ tsp. salt

Peel and quarter onions. In a large bowl stir together oil and honey. Add onions and garlic, stirring to coat. Transfer mixture to a greased 2-quart square baking dish. Bake, uncovered, in a 350° oven for 30 to 40 minutes, stirring occasionally. Remove from oven; cool. Place in food processor bowl or blender container. Add salt; cover and process or blend till smooth. Serve on toast points or crusty French bread. Store any leftovers, covered, in the refrigerator for up to one week. Makes about ½ cup.

Nutrition facts per teaspoon: 15 cal., 0 g fat, 0 mg chol., 12 mg sodium, 3 g carbo., 0 g fiber, 0 g pro.

Popovers

Lighter than Ever



You could call popovers light, simply because they're hollow inside. But our puffed wonders are light in another sense, too. They're lower in fat and cholesterol, thanks to smart use of egg whites, skim milk, and nonstick coating. Side by side, you'd find it hard to tell the difference between the classic and light versions. We dare you to try.

Light Popovers

A popover pan creates the classic tall shape with a puffed top. Custard cups work, but make popovers shorter and wider.

Nonstick spray coating
1 egg
2 egg whites
1 cup skim milk
1 Tbsp. cooking oil
1 cup all-purpose flour

Spray a popover pan or six 6-ounce custard cups with coating. Place cups on a baking pan; set aside. Beat egg and egg whites; beat in milk and oil. Add flour and ¼ teaspoon *salt;* beat till blended but still lumpy.

Fill cups half full. Bake in a 400° oven till firm, allowing 35 minutes for pans or 40 minutes for cups. Turn off oven. Prick popovers with a fork. Leave in oven for 5 to 10 minutes more or till crispy. Serve warm. Makes 6.

Nutrition facts per popover: 126 cal., 4 g total fat (1 g sat. fat), 36 mg chol., 139 mg sodium, 17 g carbo., 1 g fiber, 6 g pro. Daily Values: 4% vit. A, 4% calcium, 6% iron.

Think of it as the smoothest Rocky Road ever.



Pudding is just *the starting point.*

Stir in your own marshmallows, chocolate chips and chopped peanuts. Voilà. You've got Rocky Road.

A snack too good for words. So here's a picture.

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JELL-O

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Basically Balsamic

Balsamic vinegar's intriguing flavor is one that gives ordinary meats, salads, and sauces a distinct and subtly luxurious Mediterranean accent. Traditionally, true balsamic vinegar is made by boiling the juice of white grapes into a sweet concentrate. The thick juice is poured into wooden barrels where it slowly ages—for weeks, years, or even lifetimes. As more and more of the remaining vinegar evaporates, it is poured into smaller and smaller casks. The barrels' wood contributes flavor and color until a deep mahogany syrup is achieved.

This extensive processing, taking so much time and so many grapes to produce each small bottle, makes balsamic more costly than wine vinegars. But because it is so intensely flavored, it is best rationed by the drop so it can contribute its pungent, sweet-sour resonance to dishes.

Commercially produced balsamic vinegar is processed more quickly, sometimes within five years. It's also more readily available, and its flavor is fine for home use. You'll find balsamic among the flavored vinegars on your grocer's shelves or in Italian or European specialty markets. Each balsamic vinegar maker's version boasts its own distinct flavor—some sweeter, some sharper—so shop around to see which brand best suits your taste buds. Here are some suggestions for letting the balsamic genie out of those bottles.

- Add a few drops to an oil-and-vinegar dressing to spark salads of mixed greens, meats, pasta, or fruit. It's especially classy in a spinach and fruit salad.
- For a really light salad "dressing," sprinkle greens with balsamic and top with grated Parmesan cheese and freshly ground black pepper.
- Enliven beef, veal, roasts, steaks, and chops by stirring a spoonful into pan juices at the end of the preparation; long cooking times dissipate the vinegar's remarkable aroma.
- Tomato-based pasta sauces and risotto dishes gain a more pronounced depth of flavor from balsamic essence; stir it in just before serving to retain its special zest.
- Create a distinctive dessert by sprinkling a teaspoon per serving over sweetened fresh strawberries; this tasting-is-believing trick even invests paler strawberries with a more fully ripened flavor.
- Drizzle balsamic vinegar atop omelets and frittatas; be sure to let the dishes sit a minute or two before serving to absorb the vinegar's flavor.
- Refresh thirsty guests with an Italian spritzer: add a few drops of balsamic vinegar to sparkling tonic water on ice.

No-Fry French Fries



Most of the world loves French fries, but many of us could do without their fat. With this recipe, you can enjoy baked "fries" and save 11 grams of fat and 99 calories per serving. They taste so great, you may give up the real thing for good.

Baked "Fries"

Spray the wedges with nonstick coating so the seasonings stick. This also helps the potatoes crisp in the oven.

Nonstick spray coating
2 large baking potatoes (about 1 lb.)
¼ cup grated Parmesan cheese
½ tsp. paprika
⅛ tsp. pepper

Lightly spray a 15x10x1-inch baking sheet with nonstick coating. Cut potatoes lengthwise into thin wedges. Place in a plastic bag. Spray wedges with nonstick coating. Combine cheese, paprika, and pepper. Add to bag; close bag. Shake to coat potatoes with seasonings.

Arrange potatoes in a single layer on prepared baking sheet. Bake in a 425° oven for 30 minutes or till crisp and fork-tender, turning once. Season with salt. Makes 4 servings.

Nutrition facts per serving: 155 cal., 3 g total fat (1 g sat. fat), 4 mg chol., 103 mg sodium, 29 g carbo., 3 g fiber, 5 g pro.



Add a little color to every bite.
Marinate with Wish-Bone.

WISH-BONE MARINATED CHICKEN ITALIANO

¾ cup WISH-BONE® ITALIAN DRESSING
6 boneless, skinless chicken breast halves (about 1½ lbs.)

In shallow dish, pour ½ cup dressing over chicken. Cover and marinate in refrigerator up to 3 hours.

Remove chicken, discarding marinade. Grill or broil, turning and brushing with remaining dressing, until chicken is no longer pink. Serve with grilled marinated vegetables. Makes 4 servings.

TO BAKE, marinate as above, using ½ cup Wish-Bone Italian Dressing. Bake chicken with marinade at 425° for 20 minutes or until chicken is no longer pink.

APRICOT-GLAZED CHICKEN

½ cup WISH-BONE® ITALIAN DRESSING
2 teaspoons ground ginger (optional)
2½–3 pounds chicken pieces
¼ cup apricot or peach preserves

In shallow dish, blend dressing and ginger. Add chicken; turn to coat. Cover and marinate in refrigerator 3 to 24 hours.

Remove chicken, reserving ¼ cup marinade. Boil reserved marinade 1 minute. Stir in preserves until melted.

Grill or broil chicken until chicken is no longer pink, brushing with preserve mixture during last 5 minutes. Makes 4 servings.



Wish-Bone. World's Most Colorful Taste.

A Wee Bit of Corned Beef



by Jeanne Ambrose

The jig is up. Corned beef has been around for centuries, but the St. Paddy's Day tradition of serving it with cabbage is almost as American as apple pie. In the early 1900s, Jiggs, a character in the newspaper comic strip "Bringing Up Father," proclaimed corned beef and cabbage his favorite Irish dish, even though it may never have graced dinner tables in Ireland. Since then, Americans have embraced it as the meal of choice for St. Patrick's Day, March 17.

Corned beef got its name before refrigeration, when meat was preserved using coarse grains of salt, called "corn." Today, beef is corned with spices strictly for flavor and not for preservation, so the meat must be refrigerated. A wee bit of updating hasn't changed the allure of this all-American favorite.

Corned Beef and Cabbage Dinner

Long, slow cooking tenderizes the brisket, which is the centerpiece of this hearty, one-dish meal.

- 1 2- to 2½-lb. corned beef brisket*
- 1 tsp. whole black pepper
- 2 bay leaves
- 3 medium carrots, quartered lengthwise
- 2 medium parsnips or 1 medium rutabaga, peeled and cut into chunks
- 2 medium red onions, cut into wedges
- 10 to 12 new potatoes (1 lb.)
- 1 small cabbage, cut into 6 wedges (1 lb.)

Trim fat from meat. Place in a 4- to 6-quart pot; add juices and spices from package of beef. Add enough water to cover meat. Add pepper and bay leaves. Bring to boiling; reduce heat. Simmer, covered, about 2 hours or till meat is almost tender.

Add carrots, parsnips or rutabaga, and onions to meat. Return to boiling; reduce heat. Simmer, covered, for 10 minutes. Scrub potatoes; halve or quarter. Add potatoes and cabbage to pot. Cover and cook about 20 minutes more or till vegetables and meat are tender. Discard bay leaves. Remove meat from pot. Thinly slice meat across the grain. Transfer meat and vegetables to a serving platter. Makes 6 servings.

*If your brisket comes with an additional packet of spices, add it instead of the pepper and bay leaves called for in the ingredient list.

Nutrition facts per serving: 319 cal., 15 g total fat (5 g sat. fat), 74 mg chol., 895 mg sodium, 30 g carbo., 6 g fiber, and 17 g pro. Daily Values: 57% vit. A, 74% vit. C, 5% calcium, and 22% iron.

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One Annual Grand Prize:
General Electric Profile Appliances
(refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes:
Two $400 winners, Two $200 winners, Ten $50 honor rolls

Hints for the October 1997 categories

Coffee Cakes: Nothing beats a streusel-filled coffee cake, except maybe a mocha chip coffee cake, or a cream cheese and raspberry coffee cake, or ... you tell us. Share your original coffee cake specialty.

30-Minute Dinners: Show us your secrets for fixing a meal in half an hour. Whether it's a stir-fry meal, a pasta dish, or a quick-cooking skillet meal, your original fast-food dinner could be a winner.

This month's winners—pages 257 and 258

$400 Winners: Bonnie Burgard, Bozeman, Mont.; Diane Halferty, Tucson, Ariz.

$200 Winners: Lynn Lombardi, Poughkeepsie, N.Y.; Minerva V. Pratt, Manassas, Va.

$50 Honor Roll Winners: Rachel Blevins, Fredericktown, Ohio; Naomi Brisco, Newport Beach, Calif.; Giuseppe Cooke-Tassone, Seattle, Wash.; Jennie L. Davis, San Francisco, Calif.; Jan E. Farley, Sausalito, Calif.; Ana Fenton, Miami, Fla.; Linda Camp Keith, Carrollton, Texas; Kayla M. Johnson, Milwaukie, Ore.; Sue Nannery, San Antonio, Texas; Dennis J. Vitale, New Preston, Conn.

Contest Rules: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "October Coffee Cakes" or "October 30-Minute Dinners." Specify brands and recipe origin. 3. Address recipes to 9710 Food Department, *Better Homes and Gardens,* Des Moines, IA 50309-3023. 4. Entries must be postmarked by March 25, 1997, and received by March 31, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1997 top winners on or about January 5, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes, please. They will be judged on creativity, taste, and practicality by *BH&G*® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Grand Prize Recipe Revisited

Brandied Cranberry-Apricot Bars taste wonderful when made the way Sharon Davidson of Reno, Nevada makes them. Her recipe, which earned our 1996 Grand Prize in the Prize Tested Recipes® contest, was printed with some incorrect measurements in our January 1997 issue. Here's Sharon's winning recipe:

Brandied Cranberry-Apricot Bars

- ⅓ cup golden raisins
- ⅓ cup dark raisins
- ⅓ cup dried cranberries
- ⅓ cup snipped dried apricots
- ½ cup brandy or water
- 1 cup all-purpose flour
- ⅓ cup packed brown sugar
- ½ cup margarine or butter
- 2 eggs
- 1 cup packed brown sugar
- ½ cup all-purpose flour
- 1 teaspoon vanilla
- ⅓ cup chopped pecans
- Powdered sugar

In a 4-cup glass measure or microwave-safe mixing bowl combine raisins, cranberries, apricots, and brandy or water. Cover with microwave-safe plastic wrap; turn back a corner to vent. Micro-cook on high for 2 minutes. (Or, place fruit and brandy in a saucepan; bring to boiling. Remove from heat.) Let stand for 20 minutes. Drain.

For crust, in a medium mixing bowl stir together 1 cup flour and ⅓ cup brown sugar. Cut in margarine or butter till mixture resembles coarse crumbs. Press into an ungreased 8x8x2-inch baking pan. Bake in a 350° oven about 20 minutes or till golden.

In a medium bowl beat eggs with a mixer on low speed for 4 minutes; stir in the 1 cup brown sugar, the ½ cup flour, and vanilla. Add drained fruit and nuts; stir to mix. Pour mixture over crust; spread evenly.

Bake about 40 minutes or till a toothpick inserted near the center comes out clean, covering with foil the last 10 minutes to prevent overbrowning. Cool. Sprinkle with powdered sugar. To serve, cut into squares. Makes 16 bars.

Nutrition facts per bar cookie: 221 cal., 8 g total fat (4 g sat. fat), 42 mg chol., 72 mg sodium, 32 g carbo., 1 g fiber, and 2 g pro. Daily Values: 8% vit. A, 0% vit. C, 2% calcium, and 8% iron.

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Couscous. What? What? It's a quick, exotic dish. Best of all, its two main ingredients are canned. And that's big when you're a chickpea inbound from hundreds of miles away. Because produce in a steel can is picked, processed and sealed in no time. So even though the trip may take weeks, our chickpea is still fresh tasting and full of nutrients when it reaches you. Which often makes it yummier than the stuff sitting around at the supermarket. And with the average American eating 110 pounds of canned food each year, you apparently agree.

What's in a can will surprise you.

MEDITERRANEAN *Couscous* SALAD

1 can (13-3/4 ounces) vegetable broth
1 cup packaged couscous
1 can (10 ounces) chickpeas (garbanzo beans), drained
1 cup sliced green onions, including tops
1 cup (4 ounces) crumbled feta cheese
1 can (2-1/4 ounces) sliced ripe olives, drained
2/3 cup prepared Italian vinaigrette dressing
Lettuce

In a medium saucepan, bring *vegetable broth* to a boil. Stir in *couscous.* Remove pan from heat, cover and let stand 5 minutes. Transfer *couscous* to large bowl and fluff with fork. Let stand 5 minutes, then fluff again. Mix in *chickpeas, onions, cheese* and *olives*. Pour *dressing* over mixture and toss lightly with a fork. Serve on a bed of *lettuce*. Serves *6*.

Nutrition Information Per Serving :
402 calories; *26g* fat; *34mg* cholesterol; *1172mg* sodium; *36g* carbohydrate; *8g* fiber; *10g* protein

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Chicken Caesar Entree Salad



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- [x] *Disposable Fork*
- [x] *Handy Napkin*
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3. Open your mouth wide and measure. Add enough Low Fat Pastrami to accommodate these specifications.

4. Official sandwich-building regulations call for 2 pounds of Fat Free Smoked Turkey Breast.

5. The key to a structurally sound sandwich is a Fat Free Mesquite Smoked Turkey Breast foundation. In thin and traditional slices.



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PRIZE TESTED RECIPES®

see page 254 for details



$400 WINNER

Bonnie Burgard, Bozeman, Mont., in the Pilafs and Risottos category.
March 1997

Bulgur Pilaf

Shredded carrot adds flavor and provides half your daily requirement of vitamin A.

- 1 cup bulgur
- ½ cup chopped onion
- ½ cup sliced celery
- 2 Tbsp. margarine or butter
- 1½ cups finely shredded carrot
- ¾ cup long grain rice
- 1 4-oz. can mushroom pieces, drained
- 2 tsp. instant chicken bouillon granules
- ¾ tsp. dried dillweed
- ¾ tsp. dried oregano, crushed
- ¼ tsp. pepper
- 3 cups water
- ¼ cup sliced pitted ripe olives

In a large skillet cook bulgur, onion, and celery in margarine or butter over medium-low heat about 8 minutes or till vegetables are tender and bulgur is toasted. Add carrot, rice, mushrooms, bouillon granules, dillweed, oregano, and pepper. Stir in water. Bring to boiling; reduce heat. Cover and simmer 15 minutes or till rice is tender and liquid is absorbed. Stir in half the olives; garnish with rest of olives. Makes 10 side-dish servings.

Nutrition facts per serving: 138 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 280 mg sodium, 25 g carbo., 4 g fiber, 3 g pro. Daily Values: 49% vit. A, 3% vit. C, 2% calcium, and 8% iron.



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$400 WINNER

Diane Halferty, Tucson, Ariz., in the Tropical Fruit Desserts category.
March 1997

Mango Cream Pie

One bite of this macadamia nut crust topped with mangoes transports you to the tropics.

- ½ cup finely chopped macadamia nuts
- 1 cup all-purpose flour
- ⅓ cup butter
- 1 beaten egg
- 4 oz. cream cheese, softened (½ of an 8-oz. pkg.)
- ⅓ cup sifted powdered sugar
- ⅓ cup whipping cream
- 2 large mangoes, seeded, peeled, and thinly sliced (about 2 cups)
- ⅓ cup granulated sugar
- 4 tsp. cornstarch
- 1 tsp. finely shredded orange peel
- ¾ cup peach nectar
- 1 tsp. lemon juice
- Chopped toasted macadamia nuts

Spread the ½ cup nuts in a baking pan and toast in a 350° oven for 5 to 10 minutes or till golden, stirring once or twice. Cool. In a medium mixing bowl combine flour and toasted nuts; cut in butter till mixture forms coarse crumbs. Add egg; stir till combined. Form into a ball. On a lightly floured surface, roll out dough to about ⅛-inch thickness. Line a 9-inch pie plate with pastry. Fold edge under and flute. Prick well. Bake in a 350° oven about 20 minutes or till golden brown. Cool.

In a bowl beat together cream cheese and powdered sugar. Stir in 1 tablespoon of the cream. Beat remaining cream till soft peaks form; fold into cheese mixture. Spread in pie shell. Overlap mango slices in circles on top, reserving a few mango slices for garnish.

In a saucepan combine granulated sugar, cornstarch, and orange peel. Stir in peach nectar and lemon juice. Cook and stir till thick and bubbly. Cook and stir 2 minutes more. Remove from heat. Cool slightly. Spoon mixture evenly over mango slices. Chill 3 to 6 hours. Garnish with reserved mango slices and chopped nuts. Makes 10 servings.

Nutrition facts per serving: 297 cal., 19 g total fat (9 g sat. fat), 61 mg chol., 108 mg sodium, 31 g carbo., 2 g fiber, 4 g pro. Daily Values: 31% vit. A, 21% vit. C, 2% calcium

PRIZE TESTED RECIPES

see page 254 for details

$200 WINNER

Minerva V. Pratt, Manassas, Va., in the Tropical Fruit Desserts category.
March 1997



Mango Mousse

An uncle visiting from the Philippines inspired Minerva to create this refreshing dessert.

- 2 ripe mangoes, seeded, peeled, and cut up*
- ¼ cup granulated sugar
- 1 tsp. unflavored gelatin
- ¼ cup cold water
- 1 cup whipping cream
- 2 Tbsp. sifted powdered sugar
- 1 ripe kiwifruit, peeled and sliced (optional)
- ¼ cup coconut, toasted (optional)

In a food processor or blender container, process or blend the mangoes till smooth (you should have about 1 cup of mango puree).

In a medium saucepan combine the granulated sugar and gelatin. Stir in water. Cook and stir over low heat till gelatin is dissolved. Remove from heat. Stir in mango puree. Cover and chill till mixture is partially set (the consistency of unbeaten egg whites).

In a medium chilled mixing bowl beat whipping cream and powdered sugar with an electric mixer on low speed till soft peaks form. Fold mango mixture into whipped cream. Chill again till mixture mounds when spooned.

To assemble, spoon mango mixture into dessert dishes. Cover and chill 4 hours or till set. Garnish with kiwifruit and toasted coconut, if desired. Makes 6 servings.

*To remove the meat of a mango, make a cut through the mango, sliding a sharp knife next to the seed along one side of the mango. Repeat on the other side resulting in two large pieces. Then cut away fruit that remains around the seed. Remove the peel.

Nutrition facts per serving: 248 cal., 15 g total fat (9 g sat. fat), 54 mg chol., 18 mg sodium, 30 g carbo., 2 g fiber, 2 g pro. Daily Values: 58% vit. A, 48% vit. C, 3% calcium, and 1% iron.

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PRIZE TESTED RECIPES

see page 254 for details

$200 WINNER

Lynn Lombardi, Poughkeepsie, N.Y., in the Pilafs and Risottos category.
March 1997



Festive Rice

The garbanzo beans and cheese make this colorful rice mixture a hit in Lynn's family.

- 1 cup chopped sweet pepper (red, yellow, and/or green)
- ½ cup chopped onion
- 2 to 3 medium jalapeño peppers, seeded and finely chopped
- 2 cloves garlic, minced
- 1 Tbsp. cooking oil
- 1½ cups chopped plum tomatoes
- 2 to 3 Tbsp. snipped fresh cilantro
- ¼ tsp. salt
- 2 cups cooked brown rice (⅔ cup uncooked rice)
- 1 15-oz. can garbanzo beans, rinsed and drained
- 1 cup shredded Monterey Jack cheese

In a large saucepan cook sweet pepper, onion, jalapeños, and garlic in hot oil about 5 minutes or till tender, stirring occasionally. Stir in tomatoes, cilantro, and salt; simmer, uncovered, for 5 minutes. Add cooked rice, garbanzo beans, and ½ cup of the cheese, stirring gently to combine. Turn into a 1½-quart casserole. Sprinkle with remaining ½ cup cheese. Bake, covered, in a 350° oven for 20 minutes or till heated through. Makes 8 side-dish servings.

Nutrition facts per serving: 189 cal., 8 g total fat (3 g sat. fat), 13 mg chol., 347 mg sodium, 24 g carbo., 4 g fiber, 8 g pro. Daily Values: 7% vit. A, 47% vit. C, 11% calcium, 12% iron.

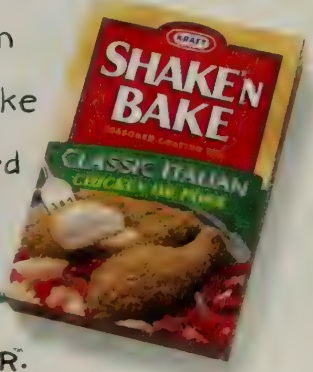
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it's a luau!

Tired of snow boots and mittens and scarves? Surf through the following pages for ideas on throwing a Hawaiian beach party, sure to tide you over till spring.
by Debra Solberg Gibson



continued on page 262

PHOTOGRAPHS: ANDY LYONS. ILLUSTRATIONS: SUSAN SWAN

continued from page 261

How low can you go?

Try these icebreakers to warm up your crowd.

Limbo: Two players hold a broomstick, beginning above the head level of your tallest player. Players, in line, walk or shimmy under the stick. With each round, lower the broom. Traditionally, if a player falls or can't get under the stick by leaning backward, that player is out. You may want to alter the rules and make the game "just for fun" rather than a gymnastics competition.

Hula Hoop Pass: Hold hands and stand an arm's length apart in a line or a circle. While holding hands, step completely through a hula hoop and pass it from one player to the next without letting go of hands, until the hula hoop reaches the end of the line. With two lines, you can make this game into a race.



continued on page 264



Getting Downy softness is easy with the Downy Ball. Just fill it with Downy®, toss it in at the start of the wash, and the action of the spin cycle opens it. It rinses in Downy at just the right time for the easy way to get the most fluffy softness. Come on in to Downy.

BH&G kids

continued from page 262

gutter ball



Pineapple alley

Bowl 'em over with this nutty game.

Collect six oatmeal boxes. First cover each box with yellow construction paper. Cut brown construction paper to fit over yellow paper. Before adhering, draw diagonal lines, going both ways, on the brown paper (see *below*). In the middle of each diamond, draw an inverted "V" with a pencil. Cut and bend paper back. Glue the brown paper over the yellow paper. Cover the box lid with brown paper, and then cut a hole in the middle of the lid. Cut leaves from green paper. Insert through lid. Line up the pineapples bowling-pin style on the floor. Take turns rolling a coconut to knock down the pineapples. Knocking down one pineapple is a strike, and every strike gets a second shot. The player with the most strikes wins.

continued on page 266

Chris isn't the only one who wears GoodNites® to bed.



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You'd be surprised how many of your child's friends need GoodNites® absorbent underpants. Chances are that at least two of your child's classmates have nighttime accidents more than once a week. They can't help it, but GoodNites can. GoodNites help bigger children sleep dry, and make good mornings routine.

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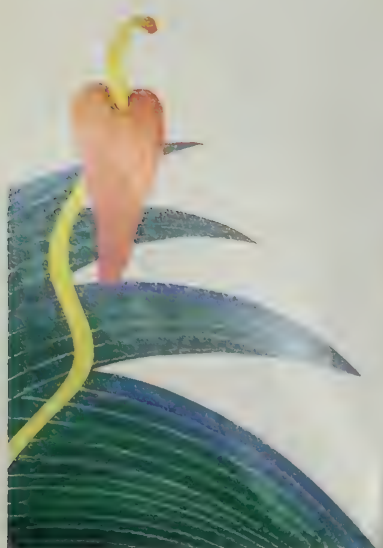
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For instructions, see page 271



She wears seashells

Make a beautiful "shell" necklace with jumbo pasta shells.







Jellyfish pops

Pineapple and coconut bring the taste of the islands to this cool pop.

String a lei

Nothing says "aloha" like a flower necklace, or lei. Make yours out of paper and ribbon.



Grass skirt

It's easy to make a "grass" hula skirt from a paper tablecloth.



continued on page 271

A New Easter Tradition Has Been Hatched.

Call 1 800 JELL-O MOLD (1 800 535-5666) to order your Jell-O® Egg Jigglers® Kit complete with Egg Mold and Recipe Booklet and put some wiggle in your Easter basket.



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4. **Arizona Science Center**—Enjoy giant screen theater, planetarium, 350 interactive exhibits and more. 1-602-716-2000.
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6. **Grand Canyon Railway**—Historic train to the Grand Canyon. Western entertainment. 1-800-THE-TRAIN.
7. **Lake Havasu**—Enjoy fun & sun with golf, tennis, water sports, the famous London Bridge. 1-800-2-HAVASU.
8. **Out of Africa**—A unique animal park. Animals come to you, shows educate so you touch the wild. 1-602-837-7779.
9. **Phoenix Zoo**—Featuring the Arizona Trail with plants & animals of the southwest. Fun for the whole family. 1-602-273-1341.
10. **Prescott**—"Everybody's Hometown." A charming mile-high city designed for year-round family fun. 1-800-266-7534.
11. **Tucson**—Arizona's other natural wonder. Play all day, kick-back, relax. Call for a free summer savings guide. 1-888-2TUCSON.

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12. **Arkansas**—For scenic beauty and activities, Arkansas is a natural. Send for free vacation information today.
13. **Arkansas State Parks**—49 state parks are located in some of the prettiest settings in The Natural State.
14. **Bentonville**—Home of Wal-Mart and other industry giants; recreation and historic opportunities abound.
15. **Best Western Inn of the Ozarks**—Best in Eureka Springs for hospitality, amenities, service, convenience.
16. **Buffalo Outdoor Center**—Canoe rentals, shuttles, and beautiful rustic log cabins on the Buffalo National River.
17. **DeGray Lake Resort State Park**—Island lodge, golf, marina, horseback riding, programs, activities.
18. **Eureka Springs**—Experience Victorian architecture, Ozark scenery, and quaint shops in historic downtown.
19. **Fairfield Bay**—Self-contained resort, retirement community has golf, other recreation, accommodations, amenities.
20. **Fayetteville**—University of Arkansas, Walton Arts Center, Civil War history, and more.
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22. **Gaston's White River Resort**—Go first-class for trout float trips, accommodations and restaurant.
23. **Harrison**—Visit "The Crossroads of the Ozarks" for scenery, restaurants, lodging, attractions.
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28. **Northwest Arkansas Ozark Mountains**—Plan a trip to The Natural State's number one vacation destination.
29. **Ozark Folk Center**—Arkansas State Park has live music, crafts demonstrations, restaurant and lodging.
30. **Pine Bluff/Land of Legends**—See colorful murals, museums, history and great outdoors.
31. **Regions of Arkansas**—Free guides from Arkansas regional travel associations. Maps and more included.
32. **Springdale**—"You'll like it; you'll love it!" Great choices in restaurants, accommodations, attractions.
33. **Van Buren**—Historic Main Street antique shops, art galleries, boutiques; excursion train and boat.
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35. **Wiederkehr Village**—Free tastings and tours at Wiederkehr Wine Cellars; other area attractions.

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36. **San Diego**—Perfect for vacations & getaways. Free 135-page visitors guide. Call 1-619-236-1212.

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37. **Quebec**—Call 1-800-363-7777 (Opr. 990) and ask for your free '96–'97 Winter Vacation Packages Brochure.
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39. **Colorado Springs**—Enjoy a scenic, exciting, affordable Colorado Springs adventure! Call 1-800-DO-VISIT for a FREE Visitors Guide.

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40. **Coastal Fairfield County**—CT's lively coast. New England charm, New York style. Free guide, info on weekend packages. 1-888-CT-WEEKEND.
41. **CT River Valley**—Quintessential New England. Quaint towns, theater, steam train, boat rides, castle, beaches, outlet shopping. 1-800-486-3346.
42. **Mystic & More!**—Take home more memories in southeastern Connecticut. Home to Foxwoods Casino, Mystic Seaport and More! 1-800-TO-ENJOY.
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48. **Cape May-Lewes Ferry**—For reservations and information call 1-800-64-FERRY.

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50. **Daytona Beach**—Great beaches, golf, NASCAR racing, theatre, museums, shopping. Close to Disney. 1-800-854-1234
51. **Daytona Beach**—Oceans 11 Resorts—5 oceanfront hotels. Trust the quality—love the value! 1-800-874-7420.
52. **The Don CeSar Beach Resort & Spa**—Make plans to stay in one of our 275 waterfront rooms. 1-800-282-1116.
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54. **Greater Miami and The Beaches**—For your free visitors guide call 1-800-4MIAMI.
55. **Orlando**—Planning a trip to Orlando? You can save over $1,000 with a free Orlando MagiCard™.
56. **Palm Beach County**—$500 worth of the Palm Beaches free. Save on golf, shopping, dining, attractions. 1-800-554-PALM.
57. **Panama City Beach**—Rated #1 beach in America! Soft white sand, theme parks, golf, fishing, 1-800-PCBEACH.
58. **Sarasota Area & Its Gulf Coast Islands**—Call 1-800-522-9799 today.
59. **St. Petersburg/Clearwater**—Snow white beaches. World record sunshine. Reservations/info. 1-800-345-6710.
60. **Return to Your Senses in Florida**—For your free Florida Vacation Kit, call 1-904-487-1462, ext. 17.
61. **The Walt Disney World Swan and Dolphin**—An Epcot Resort offering accommodations & transportation in the Walt Disney World® Resort.

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62. **Savannah**—Simply enchanting, simply elegant, simply Savannah. For free visitors guide. Call 1-800-444-CHARM (2427).

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65. **Springfield**—Celebrate the city Lincoln loved. Call for your free Family Vacation Planning Kit. 1-800-454-7300, Ext. 53.

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66. **Evansville**—Where the River and the Good Times Roll. For a free vacation guide call 1-800-500-7366, Dept. 12.
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continued on page B2

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1	13	25	37	49	61	73	85	97	109	121	133	145	157	169
2	14	26	38	50	62	74	86	98	110	122	134	146	158	170
3	15	27	39	51	63	75	87	99	111	123	135	147	159	171
4	16	28	40	52	64	76	88	100	112	124	136	148	160	172
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7	19	31	43	55	67	79	91	103	115	127	139	151	163	
8	20	32	44	56	68	80	92	104	116	128	140	152	164	
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10	22	34	46	58	70	82	94	106	118	130	142	154	166	
11	23	35	47	59	71	83	95	107	119	131	143	155	167	
12	24	36	48	60	72	84	96	108	120	132	144	156	168	

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Free vacation information

continued from page B1

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83. **Louisville-Lincoln**—Historical Heartland of Kentucky. Birthplace of Lincoln, Civil War sites, parks, festivals, drama & arts. Free guide. 1-800-225-8747, Ext. LL1.
84. **Free Vacation Information**—Western Kentucky's Beautiful Lake Barkley—1,004 miles of water recreation!
85. **Richmond**—On I-75. Heart of the Bluegrass. Free guide. 1-800-866-3705.
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87. **Southern Kentucky Vacations**—Has the place that fits. Free vacation guide, 1-800-225-TRIP, Ext. SL1.
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89. **Western Kentucky Audubon Region**—Scenic beauty, festivals, crafts. 1-800-225-8747, Ext. GR1.

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90. **Louisiana**—Come as you are. Leave different. For your free Louisiana Tour Guide, call 1-800-876-7899.

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92. **Deep Creek Lake—Garrett County**—Western MD's four season vacation area offers fall foliage, winter downhill and cross country skiing and more.
93. **Ocean City**—World-class Atlantic resort. Beaches. Golf. Boardwalk. Amusements. Restaurants. Watersports. Fishing. 1-800-O.C. OCEAN.
94. **Maryland Tourism**—Send for a free Maryland travel guide and calendar of events. 1-800-241-2328.

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109. **Come See New Mexico**—Enchantment USA. For your free travel guides call 1-800-SEE NEW MEX (1-800-733-6396), Ext. 7010.

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120. **Mid-Lakes Navigation Co. Ltd.**—Take a 3-day cruise or captain your own canalboat. Choose Mid-Lakes Navigation, canalling 28 years. 1-800-545-4318.
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126. **Oswego County**—For an Oswego River Canal Guide, call 1-315-349-8322 or Oswego Co. Tourism, 46 E. Bridge St., Oswego, NY 13126.
127. **Saratoga County**—A Grand Tradition. For more information, contact the Saratoga County Chamber of Commerce, 1-800-526-8970.
128. **Steuben County**—Discover the Other New York. For more information, contact the Steuben County Conference and Visitors Bureau, 1-800-284-3352.
129. **Syracuse**—The Best of All Worlds. For more information, contact the Syracuse Convention & Visitors Bureau, 1-800-234-4797.
130. **Thousand Islands**—Come to the World Without Boundaries. For more information, contact the Thousand Islands International Council, 1-800-847-5263.

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131. **The Crystal Coast**—The Southern Outer Banks. For our free, new brochure and vacation guide call 1-800-SUNNY-NC.
132. **Great Smoky Mountains Railway**—Scenic round trips on the Carolina side of the Great Smoky Mountains National Park. 1-800-872-4681, Ext. 6.
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134. **Bryson City**—In the heart of the Great Smokies. Golfing, hiking, biking, rafting. Inns, lodges and B&B's. Call 1-800-867-9246.

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135. **Fargo-Moorhead**—At the intersection of Interstates 29 and 94. 1-800-235-7654 for visitor kit!

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136. **Oklahoma, Native America**SM—For a free vacation guide, call 1-800-652-6552, ext. 356.

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137. **Delaware County**—Brandywine Valley museums & gardens. Gracious inns & countryside shops. Free guide. 1-800-343-3983.
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146. **Dunes Beach Vacations**—Spectacular oceanfront houses and condominiums in beautiful Garden City and Surfside Beach, SC.
147. **Tidelands of Georgetown**—A natural attraction. For travel information, call 1-800-777-7705.
148. **Kiawah Island Info and Accommodations**—Free 24-page color guide. 1-800-845-3911. Mention ad code #443. Ravenel Associates.
149. **The Myrtle Beach Area of South Carolina**—60 miles of safe, sandy beaches. Free information. 1-800-356-3016, Ext. 335.

continued on page B3

Free vacation information

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150. **Myrtle Beach Entertainment Holiday**—Free color vacation guide with great show packages featuring top entertainment & accommodations.
151. **Myrtle Beach Golf & Lodging**—Rooms, suites, condos. Wholesale rates on the areas finest properties. Low air fares. 1-800-554-4546.
152. **Plantation Resort**—Condos, golf course location. Pools & spas, fitness center, near theaters, golf/ent. pkgs. 1-800-845-5039.
153. **Sandcastle Oceanfront Resort**—Central pavilion location, lazy river, outdoor/indoor pools, golf/ent. packages, whirlpools. 1-800-626-1550.
154. **Sands Oceanfront Resorts**—Pools, tennis, golf. Free supervised Kids Club, toddler service and kids eat free. 1-800-845-6701, Ext. 15.
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161. **Memphis**—From music to culture, Memphis has it. National Civil Rights Museum, Titanic exhibition. 1-800-8MEMPHIS.
162. **Action-packed Pigeon Forge**—Smoky Mountains, music, shopping, crafts, attractions, and Dollywood!
163. **Sevierville**—Smoky Mountain fun begins in Dolly Parton's hometown. Free guide. Call 1-800-367-3184.
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166. **Texas**—Call 1-800-8888-TEX, Ext. 603 for your free travel guide with over 275 pages of Texas.

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169. **Virginia Beach**—Miles of clean beaches, a scenic boardwalk and outdoor cafes. For your free color vacation planner, call 1-800-446-8038.

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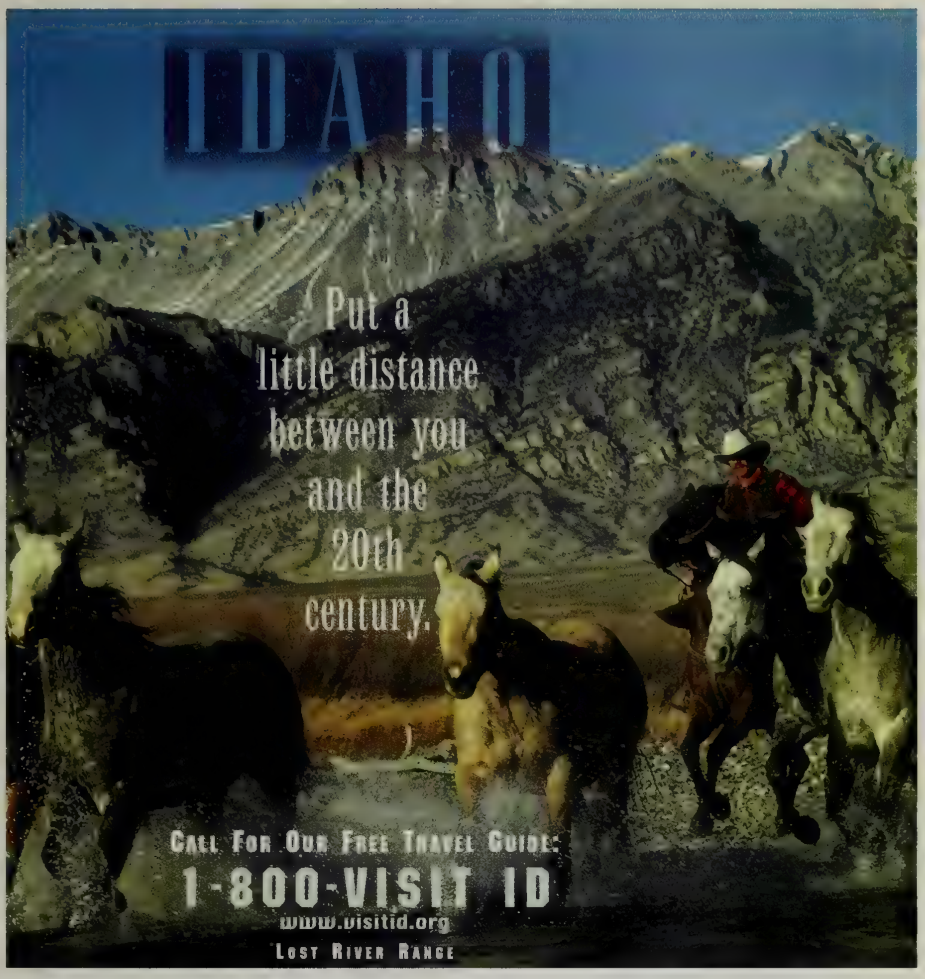
170. **Discover Washington State**—For a free travel booklet call 1-800-544-1800, Ext. 301.

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171. **Washington, D.C.**—World-class location. Monumental fun. Call 1-800-422-8644 for your guide to free fun!

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172. **101st Annual Cheyenne Frontier Days™**—America's premier Western celebration. July 18–27. 1-800-227-6336.
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174. **Yellowstone**—Lodging, activities, and dining... all that Yellowstone is missing is you.



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COLORADO



Off the Beaten Path in Oahu

Oahu offers quiet towns, rolling pineapple fields, big waves, and lots of history in addition to long-famous Waikiki Beach

Fill your next Hawaii vacation with authentic sights, sounds, and smells that can't be found in the standard tourist handbook. Here are some must-see recommendations from an Oahu insider's perspective.

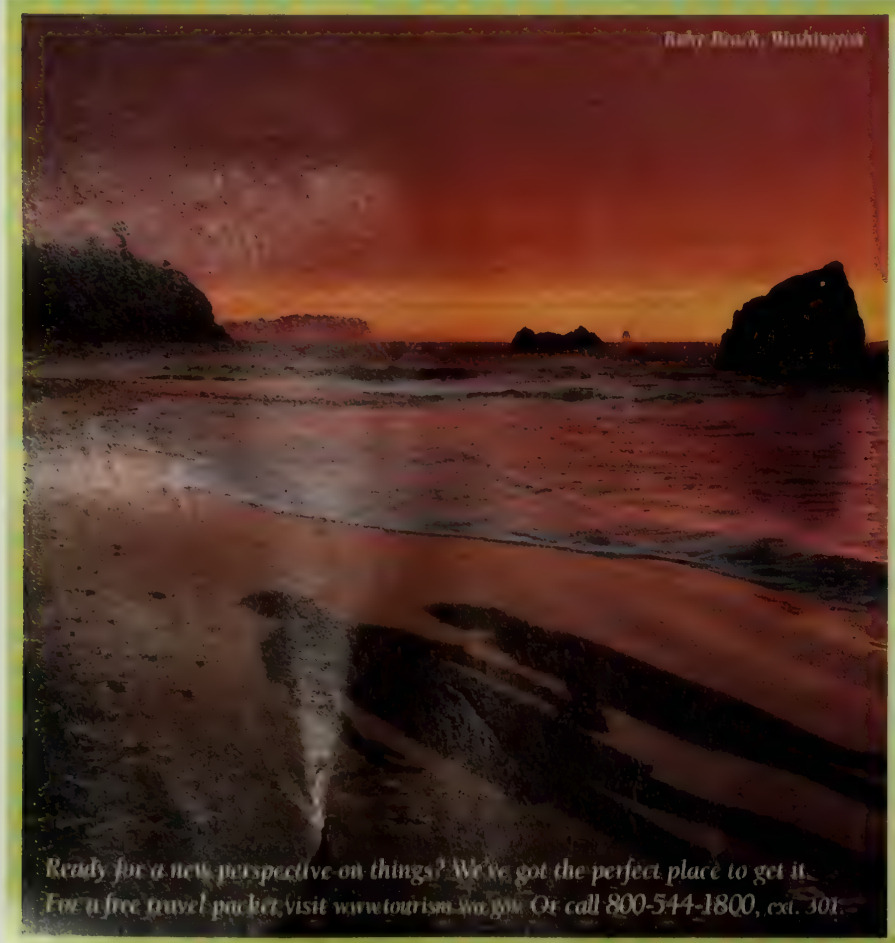
Most folks kick off their vacations with fun in the sun, but relatively few leave the sand to enjoy the gentle waves and clear water that typify Waikiki. To get off the beach, visit Kayak Oahu Adventures near the base of Diamond Head for tranquil early morning kayaking (watching for sea turtles as they surface for air); take a surf lesson or rent a boogie board from beachside vendors; or hop on a traditional outrigger canoe beside native Hawaiian paddlers.

For some history, visit Honolulu's Iolani Palace, the only royal palace in the United States and home to Hawaii's last reigning monarchs. Tour the gleaming koa wood interior and elaborate throne room (tickets required), or just enjoy the outdoor tunes of the Royal Hawaiian Band each Friday at lunchtime in front of the Renaissance-style stone facade.

Adjacent to Honolulu's main business district is Chinatown, a colorful neighborhood that captures the unique East-West flavor of this city. Dine on dim sum at Wo Fat Restaurant or Eurasian cuisine at Indigo, then explore businesses ranging from herbalists to sushi bars, noodle factories to acupuncturists. Chinatown's Maunakea Street is famous for its many lei shops. Stop to watch women expertly stringing

continued on page B9

To Order
FREE VACATION INFORMATION
See page B1 for a list of free travel information and literature.



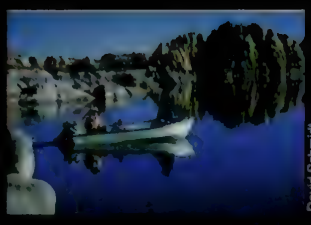
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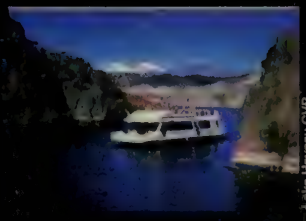
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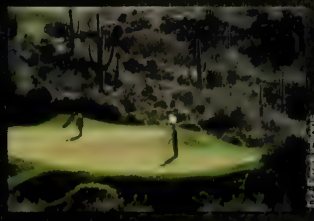
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Arizona



Perhaps no other tradition in the world carries the enduring memories of the family vacation. Whether family tradition calls for loading up the minivan and heading out West for a two-wee holiday, or hopping on a plane for a weekend getaway, Arizona historically has been a destination for families seeking sightseeing, exploration, and fun in the sun.

Tucson

A rousing campfire sing-along and a breakfast trail ride are just two of the activities that draw families to Tucson's nine guest ranches. More Old West-style fun can be found on the streets of Old Tucson Studios, a Western film location with staged gunfights and movie sets.

Cool pools — some featuring waterslides — make Tucson's resorts a favorite family getaway. Many offer programs designed just for the kids. More waterslides and wave pools provide cool summer fun at Tucson's three family water parks: Funspot at Sportpark, The Breakers Family Waterpark, and Justin's Tucson WaterWorld.

Other attractions geared for younger interests include Tucson Children's Museum, International Wildlife Museum, Reid Park Zoo and Colossal Cave.

Nearby, the Arizona-Sonora Desert Museum displays more than 300 species of animals and 1,300 types [illegible] us to the Sonoran Desert.

Lake Havasu

Lake Havasu City's London Bridge and English Village impart a bit of English heritage. The nearby palm studded beaches offer a cool splash and a stunning view of Lake Havasu, as well as the unique shops and boutiques of the English Village.

Experience the adventure of two National Wildlife Refuges and the rugged Topock Gorge and Sonoran Desert.

Cochise County

Old West shoot-outs continue at the historic O.K. Corral in **Tombstone**, "the town too tough to die," but today are staged for the enjoyment of visitors. A half hour south of Tombstone in **Bisbee**, the Queen Mine Tour annually draws more than 200,000 visitors who board mining carts for a mine tour.

Further east along I-10 is **Wilcox**, which boasts several notable museums and attractions showcasing the area's rich heritage.

Valley of the Sun

Often referred to as the "resort capital of the world," it has much to entice the family vacationer. With countless recreational amenities, pools, tennis, croquet, games, and even children's day camps, it is designed to give the younger travelers their own special resort experience. Three major water parks — Big Surf, Sunsplash, and Waterworld USA — are located throughout the Valley for summer water fun. Do not miss the **Phoenix Zoo**, home to more than 1,300 animals, including 150 endangered birds, mammals and reptiles from around the world. Celebrate the natural world with daily up close animal encounters and zookeeper talks. Also new is the Forest of UCO — a fun exploration through a rain forest featuring the spectacled bear. A must see for every family is the **Arizona Science Center**. It makes science comfortable and meaningful for children and adults alike. Located in downtown Phoenix offers a unique, year around recreational setting. In its lively, han on environment, visitors of all ages learn as they explore. Over 350 exhibits, Giant-Screen Theater and Planetarium are sure to make this a most interesting and memorable visit for the entire family. The new $47 million facility will open in March, a a high quality experience awaits you when you visit. It will inspire your youngsters to participate in a productive future.

Grand Canyon

As the Colorado raged southward, carved the massive, mile-deep gorge that is considered to be one of the natural wonders of the world. A fami adventure awaits those who board the nostalgic **Grand Canyon Railway** from Williams. Passengers depart fro the 1908 Willaims Depot near Interst 40. The train features turn-of-the-century steam engines and authentica restored 1923 Harriman coach cars. T trip covers 65 miles of classic Old We territory.

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Hilton

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Prescott

Located only 3 hours from the Grand Canyon and 2 hours from Phoenix, this mile high city exemplifies western art and culture. Prescott's Phippen Museum of Western Art, named for one of the founding members of the Cowboy Artists of America, hosts year-round exhibits and an annual western art exhibition.

Out of Africa Wildlife Park

At Out of Africa, their staff actually lives with big cats and other wild animals. They swim with tigers, play with lions, and are even chased by a pack of wolves. Bears dive in giant pools. There are no rehearsed shows; everything is spontaneous. Some think this is a modern day Garden of Eden. If you love animals, you'll love Out of Africa! Also, they have great food, beautiful gardens, and best of all, the animals come to you.

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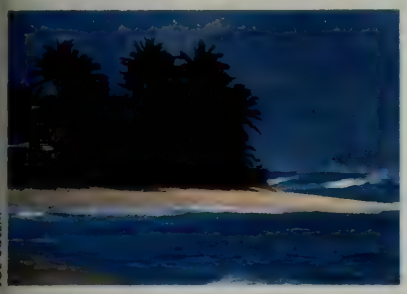
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Oahu, Hawaii

continued from page B4



JOE SOLEM

Oahu's North Shore is famous for its waves.

piles of flowers into the vibrant leis. Pick one up (most are $3–$20) and treat yourself to the scents of pikake, plumeria, tuberose, or ginger.

Head *mauka* (toward the mountains) up Makiki Heights Drive to discover The Contemporary Museum. Located in an architecturally stunning estate, the museum offers rotating exhibits, a terrific cafe, outdoor sculptures, and manicured tropical gardens for peaceful reflection while gazing down to the Pacific and city skyline.

If you've ever seen a surf movie, you've heard of Oahu's North Shore, but many visitors never experience this eclectic and authentic area. Set aside a day and make the one-hour trek from Honolulu past pineapple fields with red volcanic earth and the Waianae Mountains.

The hub of the North Shore is Haleiwa, home to funky surf shops, art galleries, cafes, and old storefronts. Have breakfast with the surfers at Haleiwa Cafe, a big ahi (island tuna) sandwich at local favorite Kua'Aina, or sunset cocktails with a view at Jameson's, but don't miss the traditional shave ice at Matsumoto's. At this mom-and-pop shop, people line up outside for a cone of tropical flavored ice atop a scoop of vanilla ice cream or sweet red azuki beans, a Japanese delicacy.

Continuing north, pull over to buy macadamia nuts, papaya, and pickled mangoes from roadside stands. Soon you'll reach the sparkling crescent of Waimea Bay, where locals jump and dive off the large lava rock formation. Just across the road is the entrance to Waimea Valley, a park with bountiful native flora and fauna for exploring. Keep driving a few more miles to Sunset Beach and the famous Banzai Pipeline to watch the best surfers in the world tackle those awesome Hawaiian waves.

To reach the eastern side of Oahu, take the Pali Highway across the Ko'olau Mountains. At the summit is the Pali Lookout, with views of green cliffs that plunge dramatically like mammoth velvet draperies. Spread out below is the town of Kailua, which has a reef sheltered beach that's a prime windsurfing spot. Just beyond is the exclusive enclave of Lanikai. Don't be shy about walking between multimillion dollar houses to plant your lawn chair; all beaches are public property in Hawaii.

For more information on Waikiki or Oahu, call 800/OAHU-678. ⌂

—by Kerry Colburn Tessaro



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Celery Solutions

Sometimes you find it in your salad or stew. It's a must-show in bread stuffing. Heavens, what would a Bloody Mary be without a long stalk for stirring? But as commonplace as celery may seem, in the 1800s it was considered "trendy," only appearing at the most prestigious food occasions.

Today you'll find celery in every supermarket produce section, any time of year. Buying celery, however, is one thing; using it is another. All too often the stalk wilts away in the refrigerator drawer, with only a rib or two used. Here's help to avoid waste.

Storage Sense

- Before you store celery, trim a thin slice from the root end. Rinse the stalks thoroughly, drain well, and dry.
- Refrigerate celery as soon as you get home from the store. Celery on the stalk keeps up to two weeks if you place the whole stalk in a sealed plastic bag in the vegetable drawer of your refrigerator.
- Cut-up celery stays crisp about three days if refrigerated in an airtight container or sealed plastic bag.
- To freshen limp celery, trim off the base and tops. Place in ice water in the sink for several minutes (time depends on extent of wilting).

Fresh Ways with Celery

- Stir chopped celery into bottled salsa for added crunch.
- Serve thinly sliced celery with sliced fresh tomatoes and your favorite salad dressing.
- Stir chopped celery and sliced cucumber into plain yogurt or sour cream. Use as a topper for baked potatoes.
- Stir-fry sliced celery and mushrooms in a little oil and soy sauce. Serve as a side dish over rice.
- Boil chopped celery along with potatoes in water; drain and mash as usual.
- Use cut-up celery stalks and apple wedges to stuff the cavity of a chicken before roasting. Remove and discard before serving. The celery imparts flavor to the meat.
- Finely chop celery and use as a low-calorie garnish for creamed soups, such as potato or tomato.
- Substitute chopped celery for nuts in main dishes and side dishes to cut the fat.
- Try sliced celery instead of water chestnuts in recipes.
- Don't overcook celery; add it to soups and stews the last 20 minutes of cooking.



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Taking Charge

by Steven Mumford

Wimpy gadgets no more, battery-powered tools are now beefy workhorses. Today, no-nonsense saws, sanders, drills, and a wide variety of other tools have shed their cords and gained higher-voltage and longer-lasting battery packs.



Ryobi Tool Corporation offers a complete line of cordless drill/driver kits with drills ranging from a medium-duty 7.2-volt model to a 14.4-volt powerhouse that can take on even the toughest jobs. Each drill/driver weighs about 10 pounds and features a ⅜-inch keyless chuck and 4 to 6 clutch settings to regulate torque. Prices range from $75 to $165.



Serious do-it-yourselfers and professional builders alike will appreciate Milwaukee Electric Tool Corporation's high-torque, battery-powered drills. The 0407-1 drill/driver, for example, delivers up to 156 in./lbs. of torque which can be regulated by a six-position adjustable clutch. For added control, an electric brake stops rotation when the trigger is released. The 0407-1 drill/driver retails for about $200.

S-B Power Tool Company now offers a cordless Skilsaw (model HD2977:02) that makes short work of trim carpentry tasks. This circular saw features a 3 ⅜-inch blade with a maximum cut depth of 1 5/16 inch. The company also has a line of tools that get their juice from an interchangeable power pack called Flexi-Charge. Shown here is the Supertwist screwdriver. Retail price for the circular saw is $140. The Flexi-Charge tools range in price from $18 to $50.





From roughing out holes for electrical outlets to small sanding jobs, you'll find the right tool in Black & Decker's VersiPack line. Shown here are the detail sander, reciprocating saw, variable speed drill, and reversing screwdriver. These tools get their muscle from the VersiPack interchangeable battery system. In addition to the hand tools, Black & Decker offers a line of VersiPack garden tools that are powered by the same battery system. Prices for VersiPack tools range from about $15 to $50. Battery and charger kits start at about $15.

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Green Chile Sole Fillets

- 1 tablespoon butter or margarine
- 1 medium poblano chile, thinly sliced
- 1 small onion, thinly sliced
- 1 garlic clove, minced
- 1 lb. fresh or frozen thawed sole fillets
- 1 cup Las Palmas® Superior Green Chile Enchilada Sauce
- 4 cups hot cooked rice
- 1 lime, quartered

1. In large skillet, melt butter over medium-high heat. Add poblanos, onion and garlic; cook and stir for 3 minutes.
2. Add fish fillets to skillet; pour enchilada sauce evenly over top. Reduce heat; cover and simmer 5 to 10 minutes or until fish flakes easily with fork.
3. Serve over rice with lime.

4 servings



Chipotle Shrimp Enchiladas

- 1/2 cup oil
- 8 (6-inch) corn tortillas
- 1/3 cup finely chopped onions
- 2 garlic cloves, minced
- 2 1/2 cups Las Palmas® Superior Enchilada Sauce or 1 (19-oz.) can Las Palmas® Enchilada Sauce
- 1 to 2 tablespoons chipotle sauce
- 1 lb. cooked, shelled, deveined shrimp
- 4 oz. (1 cup) crumbled cojita or feta cheese
- Chopped cilantro, if desired

1. Heat oven to 350°F. Heat oil in large skillet to 350°F. Soften each tortilla by dipping in hot oil for 2 to 3 seconds on each side; drain on paper towels. Carefully discard all but 1 tablespoon oil.
2. Add onions and garlic to skillet. Cook over medium-high heat 3 minutes or until tender. Add enchilada sauce and chipotle sauce; simmer 5 minutes.
3. In medium bowl, combine shrimp and 1 cup chipotle enchilada sauce (reserve remaining sauce). Spoon 1/3 cup shrimp mixture down center of each tortilla; roll up. Place seam side down in 13x9-inch baking dish.
4. Pour reserved sauce over filled enchiladas. Sprinkle with cheese. Bake at 350°F for 10 to 15 minutes or until thoroughly heated. If desired, sprinkle with cilantro.

4 servings



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Easy-As-Pie Strudel

by Julia Martinusen



You could say apple strudel is the apple pie of the Alps. The spiced apple filling inside Austria's favorite strudel is similar to apple-pie filling, but instead of baking in a crust, it's wrapped in paper-thin, almost transparent sheets of pastry.

Making strudel dough the old-fashioned way takes hours of rolling and pulling if you want just the right thickness. Today, you can skip all the pressing and stretching and take a shortcut with phyllo dough. Just thaw the tissuelike sheets and brush them with butter to turn them golden and flaky during baking.

EASY APPLE STRUDEL

You can freeze the strudel ahead, then bake and serve it warm.

- 2 Tbsp. brown sugar
- ½ tsp. ground cinnamon
- ½ tsp. finely shredded orange peel
- 1 20-oz. can sliced apples, drained
- ½ cup raisins
- 8 sheets frozen phyllo dough (17x12-inch rectangles), thawed
- ½ cup margarine or butter, melted
- Sweetened whipped cream (optional)

For filling, in a mixing bowl stir together brown sugar, cinnamon, and peel. Add apples and raisins; gently toss till coated. Set aside.

To assemble, stack 4 sheets of phyllo, brushing some of the margarine or butter between sheets. (Keep the unused sheets covered with a damp towel while working.) Beginning 4 inches from the short side of dough, spoon half of the filling in a 4-inch-wide band across dough to within about 1 inch of the long sides. Gently lift the short end of the dough; lay it over the filling. Slowly and evenly roll up the dough and filling. Fold ends under to seal. Carefully transfer strudel roll to a lightly greased 15x10x1-inch baking pan. Repeat with remaining phyllo and filling to make a second strudel.

Brush both with remaining margarine or butter. Bake in a 375° oven for 20 to 25 minutes or till golden. Carefully transfer the strudels to a wire rack to cool. Serve warm with whipped cream, if desired. Makes 8 servings total (2 strudels).

Make-ahead directions: Prepare strudel rolls as directed, except do not bake. Wrap in moisture- and vapor-proof wrap; freeze for up to 3 months. To serve, place the unwrapped frozen strudel rolls in a lightly greased 15x10x1-inch baking pan. Bake, uncovered, in a 375° oven about 35 minutes or till golden. Serve as directed.

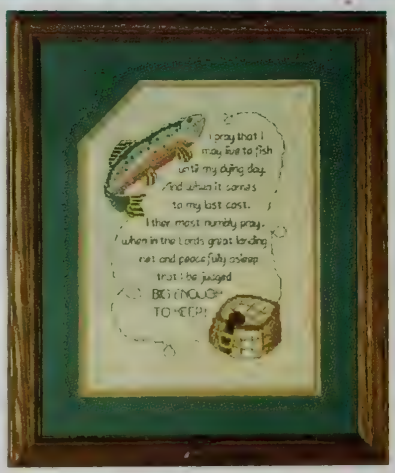
Nutrition facts per serving: 231 cal., 13 g total fat (2 g sat. fat), 0 mg chol., 230 mg sodium, 28 g carbo., 0 g fiber, 2 g pro. Daily Values: 14% vit. A, 1% vit. C, 1% calcium, 6 % iron.



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TO ORDER the **Fisherman's Prayer Sampler Kit** (with bonus mini kit), send a check or money order for $17.95 to *Better Homes and Gardens* Reader Shopping Service, P.O. Box 9128, Dept. R9703, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express users may call 800/881-4066. *Be sure to specify stamped or counted version.* The price of the kit includes shipping, handling, and applicable sales tax.

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Inside Stuff About Walls

After World War II, a few industrious returning soldiers built the walls of their homes with stacks of discarded U.S. Army ammunition boxes covered with plaster. For insulation, the olive drab metal boxes were stuffed with newspapers. Of course, you won't be building with ammo boxes, but insulating with newspapers isn't as far-fetched an idea as it may sound.

Cellulose. Insulation made from recycled newspapers and telephone books is one of the many materials that will keep heat from penetrating your home's walls. It is blown into place or put down as loose fill and is usually treated with fire retardants. Here are other types of insulation:

Fiberglass. One of the most common forms of insulation, fiberglass works well in walls and attics. It is easy to install, resists fire, can be wrapped to block out moisture, and is available in new itch-free formulas.

Mineral wool. This is also called rock wool and is made from slag—a waste by-product of steel production. It has good sound-absorbing properties, effectively resists heat, and is noncombustible.

Chemical foams. There are several foam formulas on the market that provide strong barriers against heat gain or loss. As these liquids harden, they trap millions of tiny air bubbles that resist heat transfer. Look for foams made without ozone-eating CFCs (chlorofluorocarbons).

Natural fibers. Everyone knows the comfort of a woolen blanket or a thick cotton shirt. Both fibers are used to make energy-efficient, environmentally friendly insulating materials for your home.



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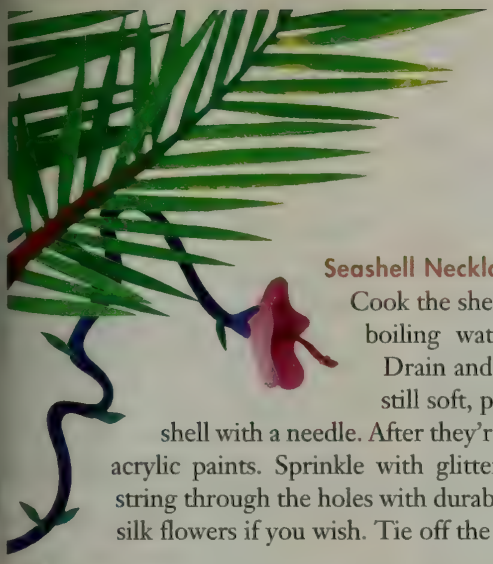
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BH&G kids

continued from page 267

Seashell Necklace

Cook the shells (about 6 for each necklace) in boiling water for three to four minutes. Drain and cool shells. While the shells are still soft, poke a hole into each end of each shell with a needle. After they're dry, paint the shells with bright acrylic paints. Sprinkle with glitter while the paint is wet. Then string through the holes with durable thread, adding small plastic or silk flowers if you wish. Tie off the end with a sturdy knot.

Jellyfish Pops

- 1 envelope unflavored gelatin
- 2½ cups water
- 1 9-ounce can cream of coconut
- 1 6-ounce can frozen pineapple juice concentrate, thawed
- 12 3-ounce paper cups
- 12 wooden sticks
- Chewy fruit-flavored worm-shaped candy

In a medium saucepan, soften gelatin in ½ cup of the water. Place saucepan over low heat and stir till gelatin is dissolved. Cool gelatin mixture 10 minutes. Stir in cream of coconut, pineapple juice concentrate, and remaining water. Pour about ⅓ cup juice mixture into twelve 3-ounce paper cups. Cover each cup with foil. Place in muffin pans to keep secure. Make a small slit in the center of the foil. Insert wooden stick through the slit into the juice mixture. Make 4 small cross cuts around the edge of the foil. Insert fruit-flavored worm-shaped jelly candies partially into the juice mixture. Freeze about 5 hours or till firm. Before serving peel paper cups off pops. Makes 12 pops.

Paper Lei

Make your leis from crepe paper, tissue paper, or even plastic grocery bags. Using a cereal bowl or plastic lid for your pattern, trace around it onto several layers of tissue or paper, then cut them out. Fold each circle in half twice. With a paper punch, punch a hole in the end. Thread a narrow ribbon through the holes of each circle, then fluff out each flower.

Grass Skirt



Purchase a paper tablecloth with plastic backing (54 inches by 104 inches). Open it lengthwise, leaving the fold along one long edge. Cut one piece 25 inches wide (or 2 to 4 inches larger than the child's waist.) Lay the tablecloth on a cutting mat. Using scissors or a rotary cutter and a yardstick, cut the open end of the skirt every half inch, up to three inches below the fold. Continue to cut until the entire piece is done. Place a piece of ribbon (2 yards long and ½ inch wide) up against the inside of the fold, letting the ribbon extend out on either end. To hold the ribbon in place, you can stitch a straight seam next to the ribbon, or staple or tack in place. Tie the ribbon around the child's waist and adjust for fit.

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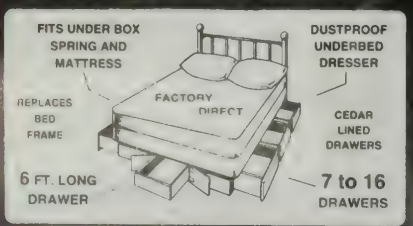
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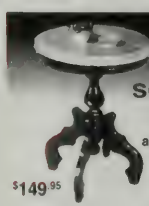
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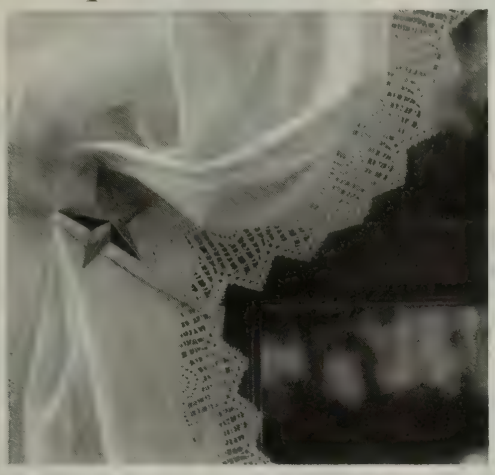


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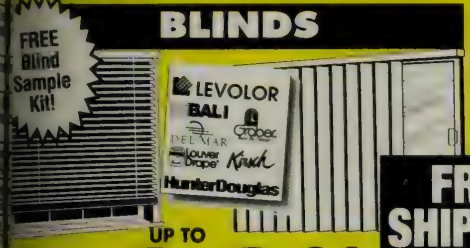
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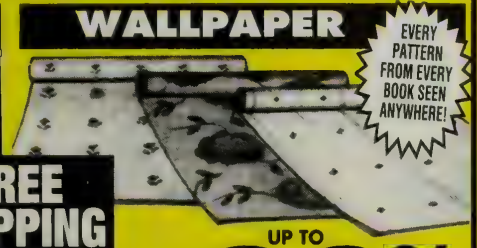
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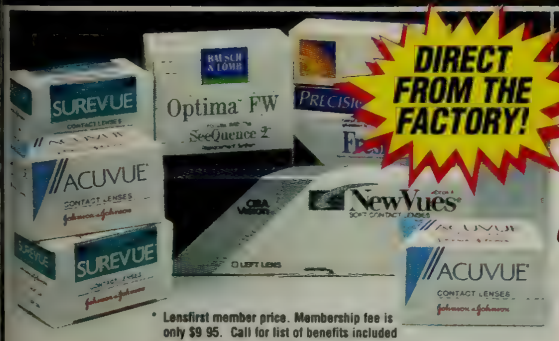


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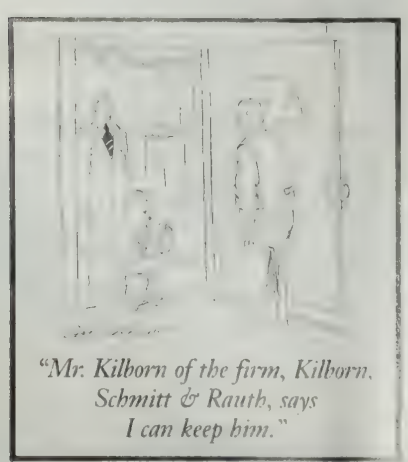
Our daughter, Rosemary, says "spring break" got its name because it comes just before all the college students' minds begin to fracture from fatigue.

The small town in which Uncle Dodd Buckner lives hasn't had a burglary in years, which he attributes to the fact that everyone in town would immediately recognize the loot.

Aunt Opal acknowledges readily that she's not as young as she used to be, but, she adds cheerfully, "I'm not as old as I hope to get!"

Dick Dresch has a friend who says invitations to family reunions are great aids to his failing memory – as soon as he gets one he suddenly remembers three other things he's committed to that weekend.

After meeting with her monthly book club, Christine said gossip is starting to bore her because the topics never change—only the people doing them.



"Mr. Kilborn of the firm, Kilborn, Schmitt & Rauth, says I can keep him."



"How can I relax when I know this couch would look so much better in the opposite corner?"

Congressman Nick Hanfli confides that one of the problems in Washington is that too many politicians suddenly think they've become far more important than when they were elected back home.

Ken Floyd says a "young old-timer" is someone who can remember when the word "surfing" had to do with salt water and nothing to do with computers.

I have found that office coffee breaks are much more relaxed affairs now that politics has faded away as a daily topic.

Grandma Hillis declares that she's tired of constantly hearing all about the "haves and the have-nots." She'd rather hear more about the "dids and the did-nots."

Retired electrician Ben Miller doesn't know what heaven is like, but says his recent first-class flight to Europe was surely a sneak preview.

Nancy Batson says the old adage, "Out of sight, out of mind," doesn't work when all your children are away at college.

One of life's most trying moments, the Rev. George Hall says with a laugh, comes when he wakes up at 6:30 Sunday morning and for a second or two can't recall if he prepared a sermon.

Dr. Bob Hannelly says all things may come to those people who say, "Please," but good health comes only to the ones who learn to say, "No thanks."

Burt Jr. says parents need to wake up and realize that punishing children by denying television or telephone privileges doesn't do much unless they also block out e-mail, unplug the fax machine, and confiscate the beeper.

Burton Hillis



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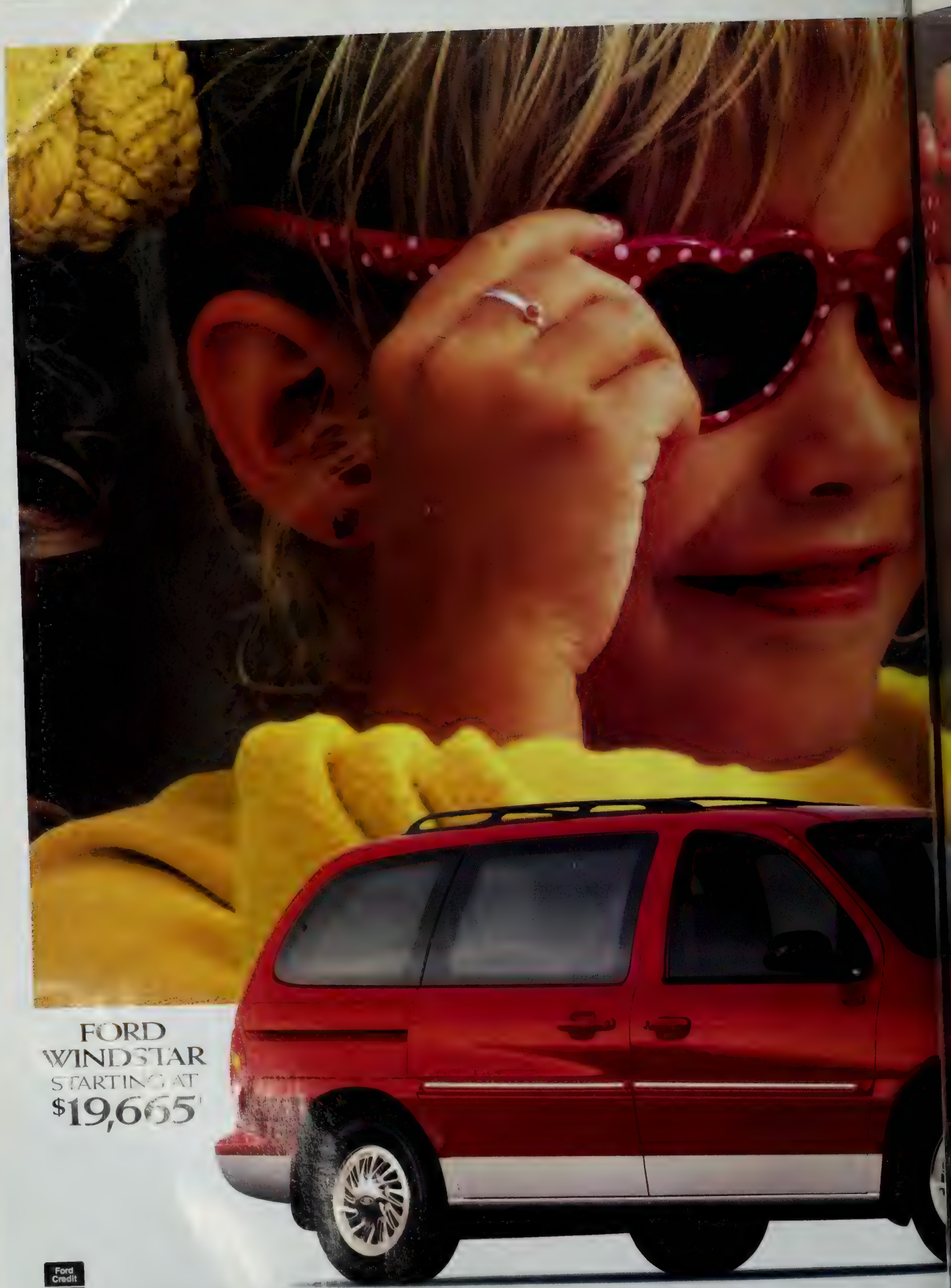
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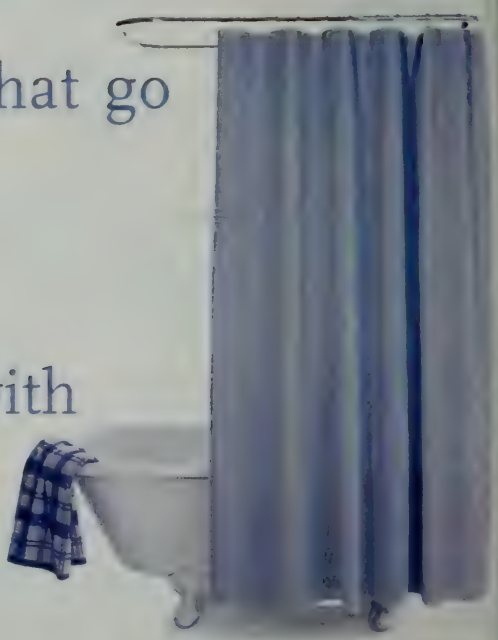
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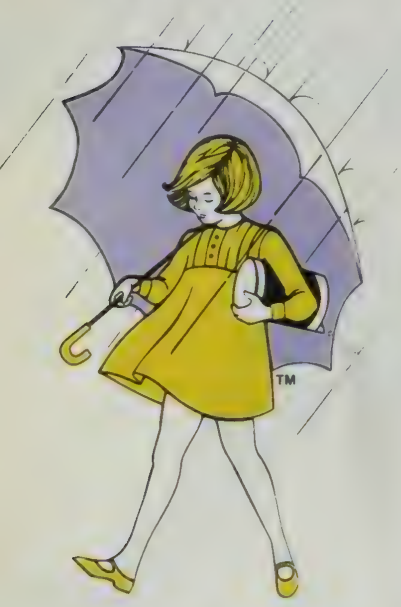
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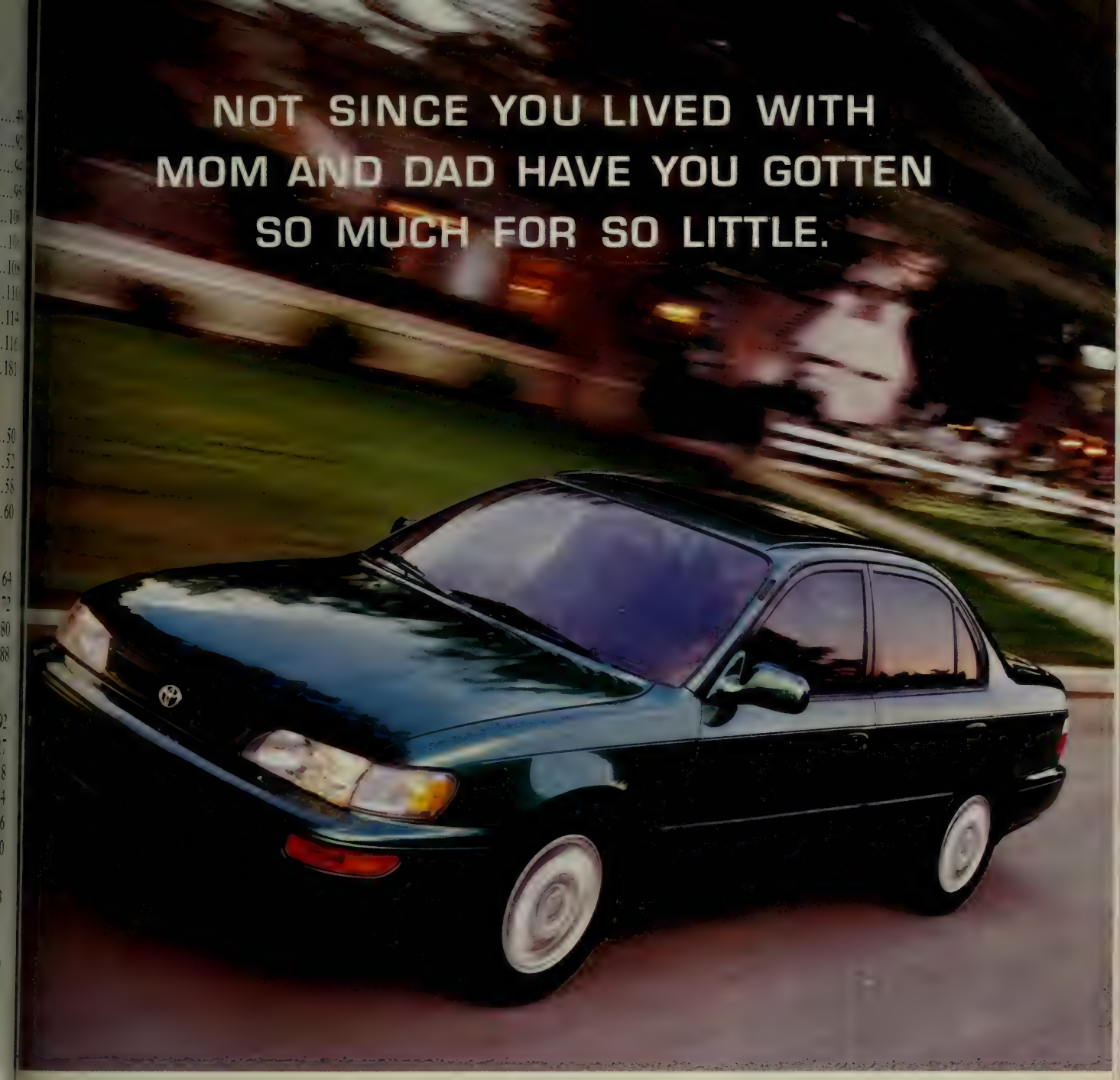
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Meet Myrtle.

It's not often I entertain a visitor in my column, but Myrtle Surendonk is a very special lady. Like many of you, she's a longtime subscriber to *Better Homes and Gardens®*. What makes this Racine, Wisconsin, great-grandmother unusual, however, is that she has *never* let her subscription lapse since her very first issue—the April 1926 issue shown *below*. When I visited Myrtle in her charming brick home, rooted like the surrounding trees on its corner lot, I asked her what had kept her reading our magazine for so many years. Her face lit up as she told me, "I've always liked the decorating ideas. And, of course, the recipes." I could tell by the look in Myrtle's eyes that, in the brief moment before she answered my question, her memory flitted back over all the years in her home, the raising of her family, the good times and the bad. And I was enormously proud to be there as a new friend and as the editor of the magazine that's been her old friend for 71 years!



What impressed me most about Myrtle was the world she has created—a world embodied in her comfortable home filled, the day I visited, with generations of the loving family members whose lives she's influenced. My hope for all of us is that when we're Myrtle's age, we can have accomplished as much.

Jean LemMon

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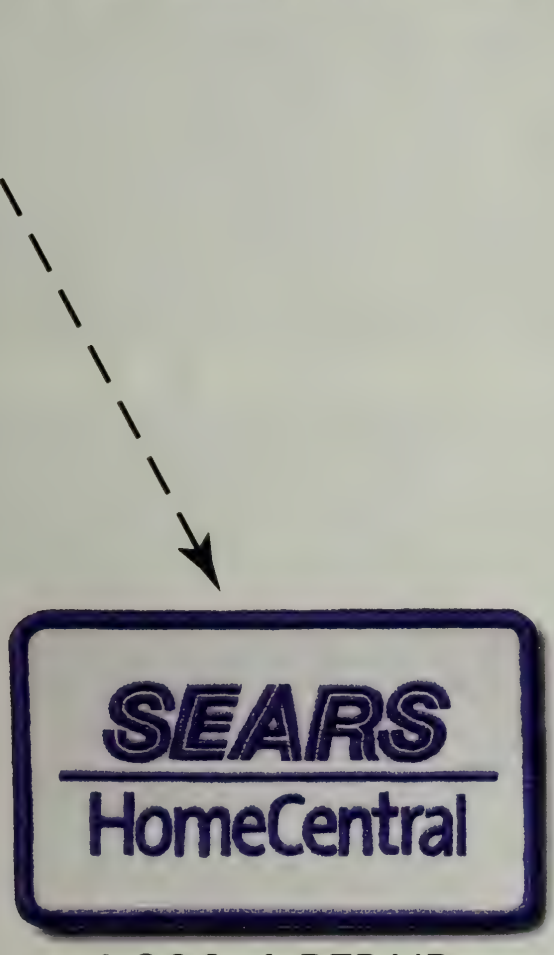
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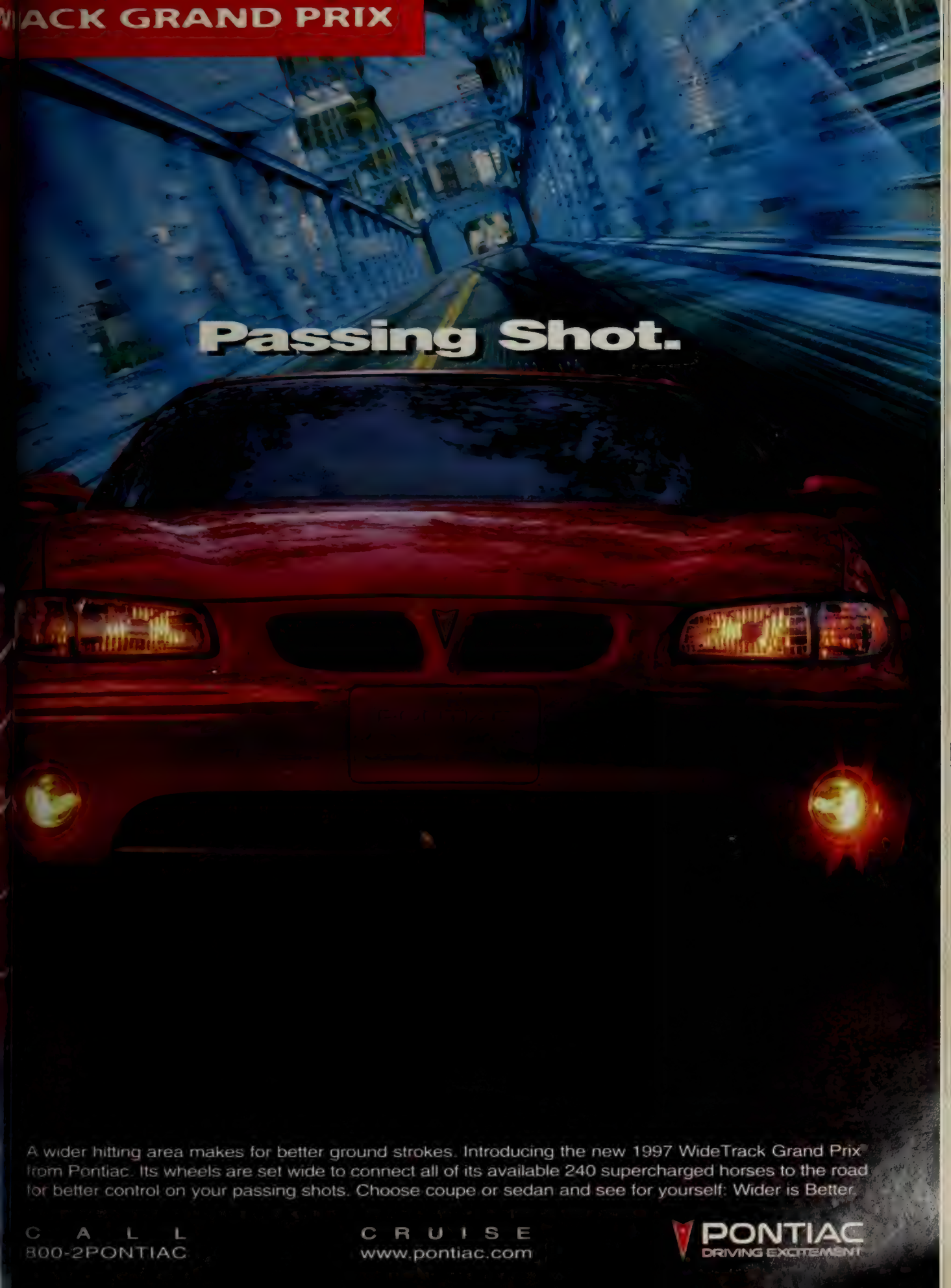
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Locations marked with a (*) offer supervised kids' activities. †Program offered on additional selected dates from 9/2/97 to 5/22/98 ††Anchorage Hilton offers Hilton Vacation Station only from 10/1/97 to 3/31/98.

Retiree Makes New Friends

Since my retirement, I've tried to help those who are disabled by videotaping zoo animals' antics, parades, and other events and places and presenting them at nursing homes. I also recently taped field day at South Kilbourne Elementary School and donated the tape to the school. Children love to see themselves on "television." While pleasing others, I've felt my spirit uplifted.

John W. Higgins
Columbia, S.C.

A Sticky Solution to Teaching Writing Skills

When teaching very young children to write their names, I've found a touch-and-feel technique that works great. Using a pencil, write the name on paper, trace over the letters with all-purpose glue, and sprinkle glitter over that. When the glue is dry, allow the child to run his or her fingers slowly over the letters to develop a mental image of the name. Continue this exercise until the youngster is able to write the name.

Lynn Scull
Austin, Texas

Mother's Day Gift of Garden

When my elderly mother assured me her house was full and she didn't need any more gifts, I decided to get creative for Mother's Day. In the fall, I planted in her garden tulip bulbs that blossom in early May. We eagerly watched the plants grow and, on Mother's Day, enjoyed a cup of tea in her lovely garden.

Bernadette C. Leone
East Lansing, Mich.

Life in the Information Age

My three grown children and I cooperate to ease the stress of living in the Information Age. Each of us has an interest in a particular subject and has agreed to be the "family expert" for that topic. We thoroughly master the basics and keep up with trends and developments of our "specialty." Upon request, we share this information with each other via sophisticated electronic communication and even simple telephones.

J. Laberge
New York, N.Y.

Wear Bike Helmets During Tornado Warning

We improved our tornado-safety measures after some family members experienced close calls last spring. Along with the blanket, flashlight, and radio we've always stored in the basement, we now also keep our bike helmets there. It's a bit more inconvenient to retrieve them for biking, but it's a simple way to protect yourselves when faced with bad weather.

Kathleen Kay
Milwaukee, Wisc.

Party Pet Care

I was a little worried that guests would feed my 5-month-old puppy during my party. So, I filled pretty baskets with dog treats and biscuits and placed them about the house. With ribbon, I attached a sign to each which read: "I really love people food, but it will make me sick! So, if you want to feed me, Mom says to take your pick!"

Lisa Sculco
Arnold, Penn.

continued on page 22

Family Network

continued from page 21

Easter Toys Hide Away, Come Again Another Year

When I was young, all Easter baskets and the seasonal toys that came in them, like fuzzy chicks and mechanical rabbits, were collected at the end of Easter Sunday and left out for the Easter bunny to take and store until the following year. (Candy and any generic toys were ours to keep.) No child in successive generations has questioned this arrangement, and the familiar toys are greeted with wonder and joy upon their annual reappearance.

Ann James Modell
Charleston, S.C.

Rock Hound's Gifts Put to Use

My son likes to bring me rocks that he thinks are collector's items. To save them, I place them on top of the soil in my flower pots. This practice helps keep moisture in the plants and makes my child happy.

Lois E. Gross
Rifle, Colo.

An Evening of Thanks

When our daughter was in high school, she visited Germany with her German class. Several relatives had shared Heather's enthusiasm for the trip by giving gifts of snack foods, clothing, cards, and money. A few weeks after her return, we held a German thank-you dinner. Afterward, Heather narrated an



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interesting travelogue so she could share her memories.

Susan K. Clark
LaSalle, Mich.

Turn Your Family Walk into a Treasure Hunt

Our family loves to take walks. They're even more fun with the new game we play. We take turns thinking of three things to look for while on the walk; it could be a red leaf, a purple aster, and green moss on a rock. When those are found, someone thinks of three more. Our walks are like treasure hunts, and we notice so much more than we used to.

Doreen Macklen
Lacona, N.Y.

Children's Art Enhances Garage

Beautify your garage walls with your youngster's artwork. When you drive in you'll be delighted to see these creative endeavors, and the garage will be more attractive.

Alaine Rovenhagen Eckhardt
Indianapolis, Ind.

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Separated at Birth.

{A Drama of Two Dresses}



They started out exactly the same. Identical cotton dresses. Beloved delicates. Then their lives dramatically changed. The one on the left was put into the gentle cycle thirty times with a leading regular powder detergent. The one on the right was washed just as many times in the gentle cycle, safely and gently with Ivory Snow® powder. When you're treated with the utmost of care and respect, it obviously shows.

Safe care for the things you love to wear.



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Winning Window Shades

Beautiful fabrics and ease of construction are the common denominators for these tailored window shades. With a relatively small investment of time and money, you can create the look of expensive custom treatments.

Rod and Roll

To make this flat panel roll-up shade, buy a fusible window shade kit from a fabric store. The kits come in 42-inch widths but can be cut to fit most windows. Follow the manufacturer's instructions for fusing your fabric to the shade. For added weight and style, we attached tabs and a wooden rod to the shade bottom. Here's a no-sew trick for making fabric tabs: For each tab, cut an 8½×5-inch fabric piece. (We made nine tabs for a 42-inch shade.) Fold the long sides to the center, with right sides out, overlapping by ½ inch. Insert fusible tape into overlapped area and press to secure. Fold under ends ½ inch and secure with tape. Position tabs, and hand-sew buttons through all layers. Slide a curtain rod through tabs and attach finials.





continued on page 26

Leather and Laces

We used burlap-textured fabric, metal grommets, and braided leather laces for this rough-and-ready window shade. Start by cutting a fabric panel that matches the outside width of the window, adding 2½ inches to the width and approximately 4 inches to the length. Turn under ¼ inch on both sides and the bottom. Then turn under and sew 1-inch hems. Measure one-third of the distance from either side and begin attaching an even number of grommets 1 inch from the bottom edge, spacing them approximately 6 inches apart and ending 5 inches from the top edge. Cut



six leather laces (we used three colors), each one-third longer than the window. Braid two sets of three. Thread them through the grommets, pulling to the outside on the top and bottom. Wrap fabric and laces over a 1-inch-thick mounting board that's slightly deeper and wider than the window frame. Staple all to the top of the board near the back, wrapping corners gift-wrap style. Attach the board by placing L-brackets underneath and mounting slightly above window molding. Adjust length and tie laces.

continued on page 30



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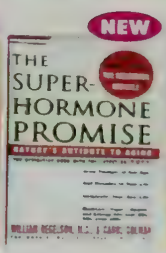




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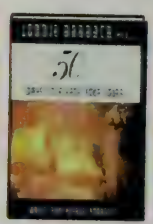
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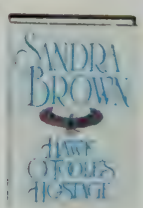


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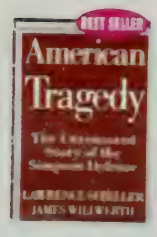
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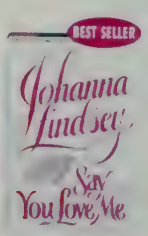


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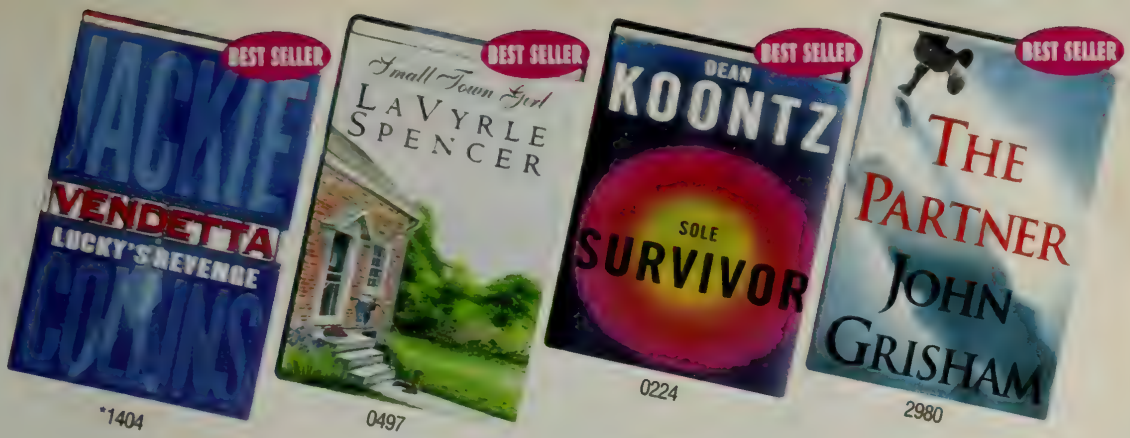
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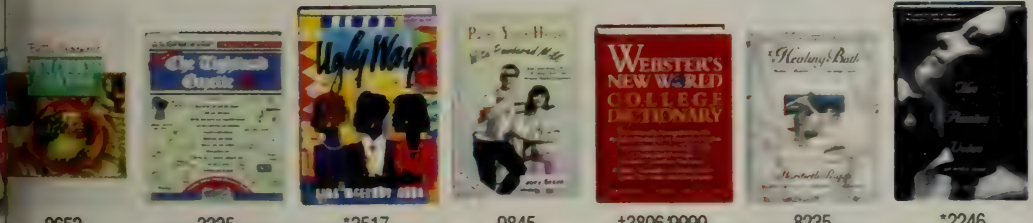
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Half-and-Half



The problem with most window shades is that you sacrifice light for privacy. But by using sheer fabric on the top and opaque on the bottom, you can have both. Following the directions on *page 26*, cut and sew a fabric panel to fit the outside width of the window. Instead of making the panel from one piece of fabric, use two. The opaque portion should be one-third to one-half of the total shade. To join the two pieces, place right sides together. Double-stitch and finish the seam with a zigzag stitch. (The three rows of stitches strengthen the seam.) Hem sides and bottom as described on *page 26*. Cut four lengths of decorative trim or ribbon slightly longer than the shade. Position them to fall over the front and back of the panel, measuring about one-third of the distance from either side. Wrap the top of shade and ribbons over a mounting board and staple. Attach the board by placing L-brackets underneath and mounting slightly above the window molding. Roll fabric to desired length and tie.

continued on page 32



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We took a classic balloon shade and made it simple enough to sew in an afternoon. The shortcut: Use self-adhesive ring tape. Begin by sewing a fabric panel that measures 2½ times the outside width of the window, plus 2½ inches for hems, by the outside length of the window plus 5 inches. (For windows wider than 54 inches, join two or more panels.) Press under ¼ inch on both sides, then turn under, press, and sew 1-inch hems. Sew a ½-inch bottom hem. Attach fringe. Turn under ½ inch at the top, press, then turn under 4½ inches. Stitch close to the first fold, then stitch again 1½ inches up from the first fold to form the rod pocket. Attach ring tape along both side edges of the panel, placing the first ring 1 inch above the bottom edge and the last at the bottom of the rod pocket. Measure one-third of the distance from either side and attach two more lengths of ring tape. Insert a rod. Thread lightweight cord through each set of rings; tie it to the bottom ring. Adjust to desired length by pulling the string down from the top and tying to the bottom ring.

Buying information, page 120


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MURPHY
OIL SOAP
Beneath your rugs is a wood floor, filled with warmth and beauty, just waiting for Murphy Oil Soap.® Murphy gently removes the damaging, dried-on dirt that vacuuming can leave behind, helping preserve your floor's finish and its natural glow. So roll up your rugs and care for your wood the Murphy's way. You may not roll them back.
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by Rebecca Jerdee



Ribbon Style

For sheer curtain treatments that are a breeze to make, grab some ribbons and lace them up.

Gather rolls of organza ribbon and other sheer varieties to make these simple, no-sew wind curtains. Fabric shops and florist's supply stores are a good source for a wide range of ribbon styles. Use ribbons as you would fabric—to drape a window or doorway, as bed curtains, or for a wispy room divider. *Above*, sea shells predrilled and tied onto transparent white ribbons are a pleasure for the eyes and ears. To hang them, simply slip the ribbons over a tension rod and tie a single loop, leaving long streamers.

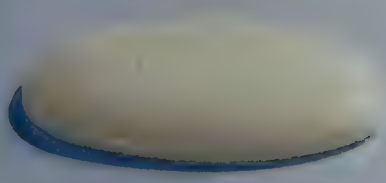
continued on page 36



barely there... When a suggestion of privacy is all you need, a cascade of ribbons hung from a ceiling rod creates a subtle room divider. This metal curtain rod is fastened directly to the ceiling with wood screws. Attach the ribbons to drapery rings and hang them from the rod. To keep the feeling light, use different ribbons in the same color family—or choose colors of the same relative brightness. For this project, we picked a mix of striped and solid patterns in soft pastels.

continued on page 38

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Dove

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ties that bind...

To create a sense of sheer romance, attach filmy cotton bed curtains to a tester bed with translucent ribbon ties. These bed curtains, made from simple fabric panels, have buttonholes stitched at the top through which the ribbons can be easily threaded. (Or, you can stitch the ribbons directly to the fabric panels instead.) To hang the curtains, measure several lengths of ribbon approximately 1½ times the length of your bed curtains. Thread the ribbons through the buttonholes, over the canopy frame, and back through the holes. Then tie them off with a pretty loop knot. Trim the ribbon ends to varying lengths, and let them hang loose so they flutter in the breeze.

continued on page 40



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enter softly... Like an exotic veil, ribbons hung in a doorway create a sense of mystery and movement. We used inexpensive, red-and-white check florist's ribbon for this partial wind drape. But any medium-bodied ribbon will do. Cut sections of ribbon that are twice as long as the door's height. Then, loop them over a tension rod and tie them off close to the rod. Leaving part of the doorway open allows traffic and breezes to pass through freely.

Buying information, page 120

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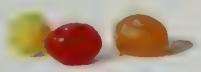
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1 Draw a 6-inch bunny shape on cardboard. Cut it out and trace onto construction paper. Cut a 6-inch square of clear adhesive-backed vinyl, remove the backing paper and adhere to construction paper. Trim excess vinyl. Using the cardboard template, cut another bunny shape from a sheet of clear acetate.



2 Place the bunnies together with clear bunny on top. Using a hole-punch, make holes around the perimeter. With a double length of yarn, "sew" the pieces together, leaving an opening at the top. Allow extra yarn for a bow closure.



3 Fill the bunny with **Smucker's® Jelly Beans**. Finish stitching and close with a bow.



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Showing Just Enough Leg



Furniture legs are important eye-catchers in any room. But it's just as important to know where to draw the line on too much leg. Discover one lesson of fashion: A little fabric goes a long way to add mystery, saying more by not telling all.



by Catherine Kramer

Each member of the furniture trio shown (*top*) displays legs worthy of a second look. Note the graceful lines of the traditional armchair's cabriole leg, the delicate tapering of the candle stand, and the straightforward presence of a classic ladder-back.

When shown together, however, something gets lost in the crowd. Instead of gaining impact in numbers, the legs become confusing and overwhelm the room. Dining rooms, in particular, are susceptible to this design "don't," with table and chair legs competing for attention in a confusing battle of too many lines.

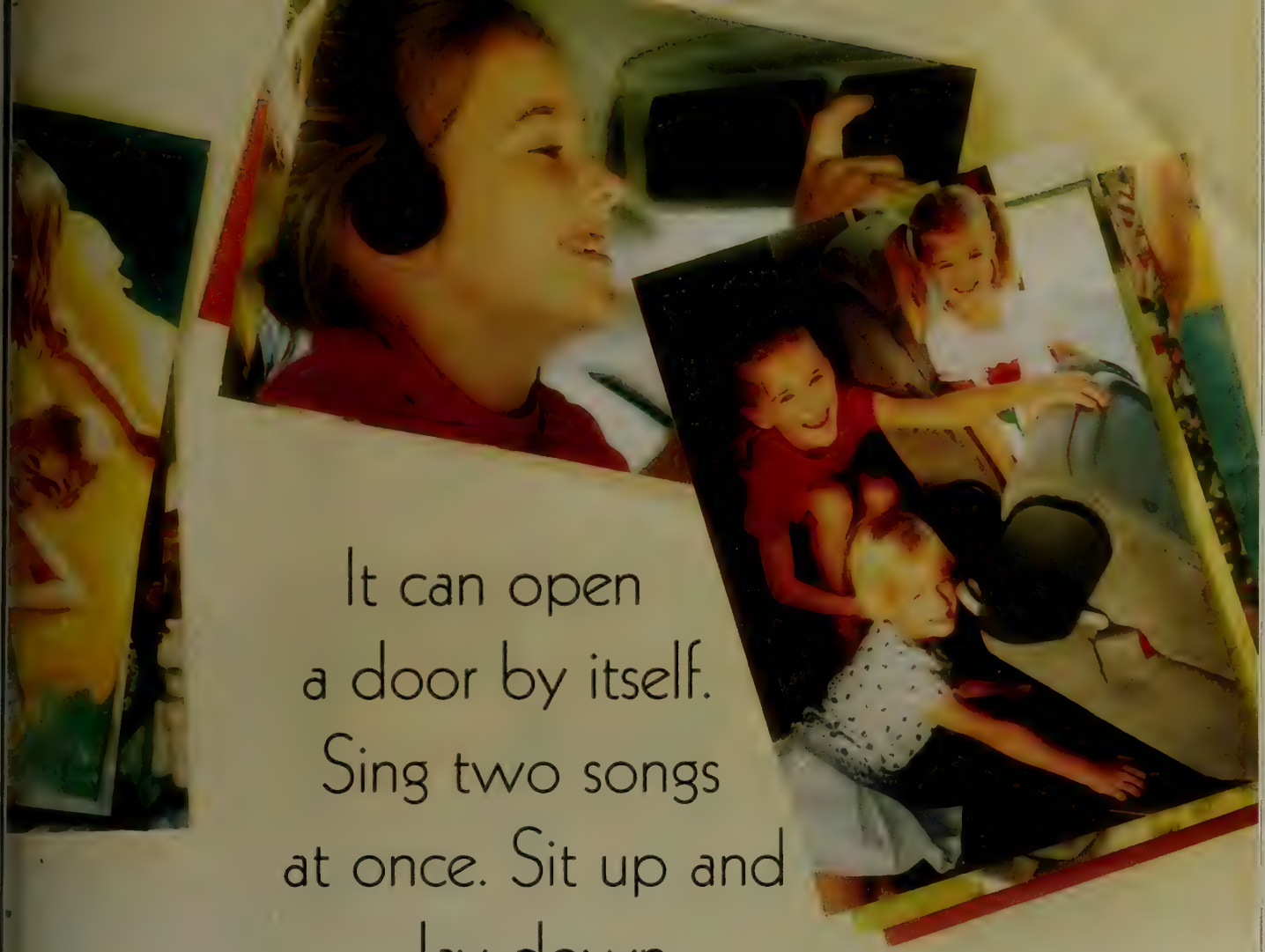
To combat excessive legginess, consider the following points:

Strike three, it's out. Though lovely, the center table is the spoiler in this three-piece grouping. Its four legs clutter the picture and end up detracting from the chairs on either side. Dressing the table (as shown *above*) with a floor-length skirt provides a neutral zone. The solid plane of fabric provides a respite for the eye, allowing it to roam the exposed legs freely without getting tangled in too many lines.

Substitute players. If your table is too pretty to hide, move it to another location—beside a bed or next to a fully-upholstered sofa or chair—where the exposed legs can command the attention they deserve. You can replace it with an inexpensive decorator plywood table, which has greater size and impact and is made to be covered.

Throw in a curve. A textured throw on the armchair provides a similar soft spot, countering the hardness of the legs. The area rug draws the grouping together, preventing the chair legs from appearing stark and naked.

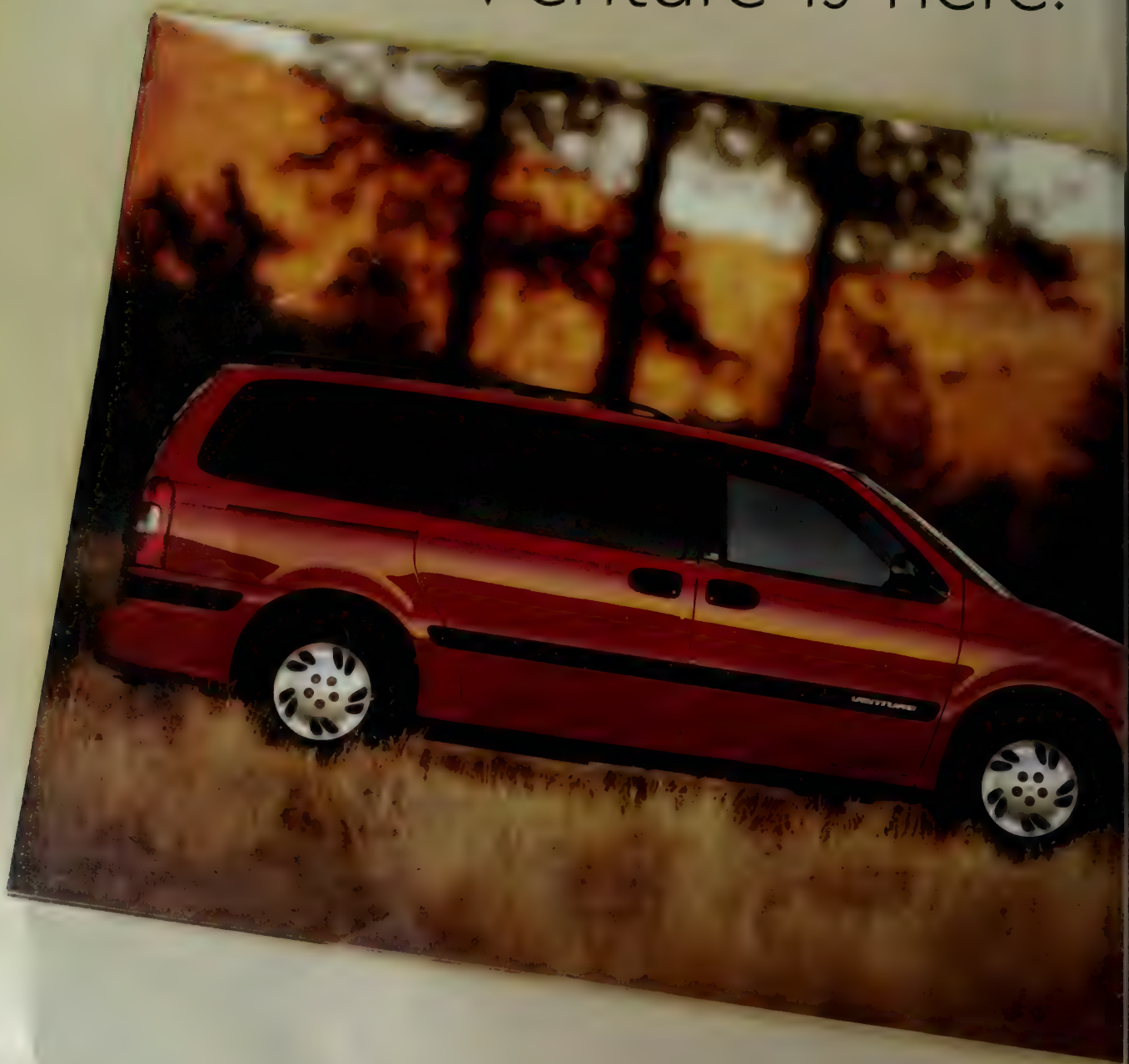
Apply the same treatment in the dining room. A skirt on the table, a pillow on a chair, and a rug underfoot create visual harmony that's especially important at mealtime.



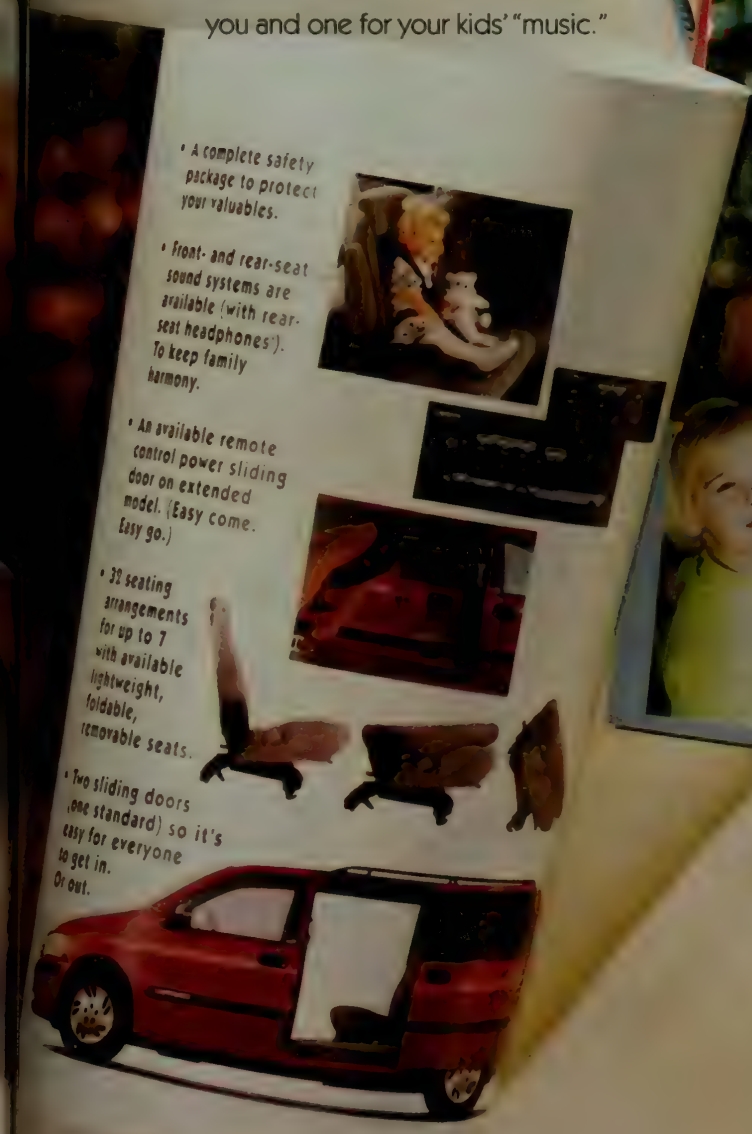
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Halogen lights in the cove play up the glossy beadboard vaulted ceiling. The bright ceiling and carefully proportioned molding give the room a masterful presence and turn it into a master suite.

Overarching Achievement

by Christina Farnsworth

It comes as no surprise that a home built in 1923 lacks a few modern amenities. In the case of Betsy and Dr. Donald Hohman of Illinois, their Dutch colonial had three plain-as-vanilla bedrooms.

So, the couple brought in architect Stephen Miller, AIA, of Oak Park, Illinois, to give the home a lift, and he did it with a dazzling barrel-vault ceiling. The project earned a Merit Award in the *Better Homes and Gardens*® 1995 Home Improvement Contest.

"We wanted to keep the budget low, but we also wanted to add personality and some architectural structure to our home," Betsy says.

The vaulted ceiling replaced a standard flat ceiling that had little to recommend it beyond doing a functional job.

Miller says, "The new ceiling blends Betsy's sensibilities, my sensibilities, and the feeling of her home. The vault gives the room character, a sense of proportion and scale, and a feeling of drama and flair."

The roof line limits the barrel vault's height; the vault starts about 6 inches above the ceiling height and closely follows the joist line of the shallow pitched roof. The vault was constructed by attaching beadboard to a frame of 2×12-inch boards all cut in the same curved pattern.

Beadboard, a popular interior paneling of the 1920s, adds some old-world charm to the room, and a high gloss paint gives the paneling a sheen that plays up its detail. Bright halogen lighting in the cove surrounding the vault draws the eye up by calling attention to the space. Raising the ceiling allowed installation of a fan that moderates the room's temperature.

Betsy added two closets to the room and had a vanity built into one of them. This cabinetry doesn't quite make up for the fact that there was still no room for a master bathroom, but the vanity does give Betsy a place to keep a mirror, her hair dryer, and makeup.

The project cost about $8500 and took roughly six weeks. The Hohmans acted as their own general contractors and painted to help balance the budget.

Basic Training



You hear it from your mom, Aunt Marj, and the lady next door: "My children were all trained by eighteen months—I just can't understand why your child is still in diapers."

How parents of generations past trained their children so early remains a mystery. But this is the '90s, and most children are closer to age 3 when they're completely toilet trained.

While there are countless ways to toilet-train a child, here are some strategies that might work for you:

Introduce toileting gradually. When your child is 18 months, buy a potty chair. But realize he's not ready to use it yet. You're putting the potty chair out now to familiarize your toddler with toileting.

Some days bring the potty chair out of the bathroom. Prompt your tot to sit on it as she watches TV. Encourage her to set her teddy bears and dolls on the seat. After the brave bear sits on the potty chair, the toddler often musters up the courage to sit there herself. Toddlers often overcome fears through play.

At 2 years, a child's bowel and bladder muscles begin to strengthen to a point where he can hold his urine and stool. At the same time, the child's brain begins to receive the message indicating the bowel or bladder is full and ready to empty. Now, your job is to make toileting part of your child's daily routine.

Your job is to make toileting part of your child's daily routine.

Find two times during the day for her to sit on the potty. Diapers can be on or off. Use this line: "Remember, we always sit on the toilet before climbing into the bathtub." The emphasis is on practice, not performance.

You're acquainting your child with toileting now so that when his muscles fully strengthen and his mind recognizes the signal that it's time to go, he'll head for the bathroom and use the toilet. Most girls reach this stage somewhere between age 2 and 2½; for boys it's usually 2½ or 3. Naturally, there are many exceptions on either end of these age ranges.

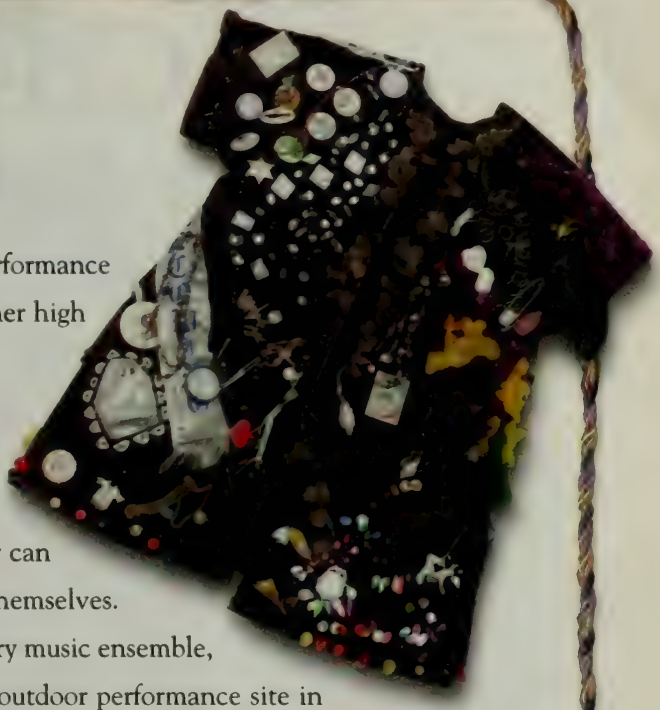
When it comes to the big step—underwear—every child is different. Many parents bridge the transition from diapers to underwear by putting their child in thickly padded underpants or disposable training pants. This approach is fine, especially to avoid embarrassing messes in public. Once training is officially under way and you're home, it's best to put your child in lightweight underpants. With thin underwear, the child most clearly feels the difference between wet and dry, clean and dirty. Some parents put their child in underpants with plastic pants over them to avoid cleanups on carpets and furniture. Be prepared to matter-of-factly clean up accidents and change your child right after an accident; you want clean underwear to be the most familiar and comfortable to your child.

Whichever method you try, your child may not succeed. If this happens, it's okay to put her back in diapers until she's a little more mature.

With each step toward training, show interest and give your child attention, but don't go overboard with banners and fireworks. Toilet training is a developmental milestone that deserves, "Look at you—you can go in the toilet. Good for you."

—by Jan Faull, author of Mommy I Have to Go Potty *(Raefield and Roberts, 1996, $13.95). To order the book, see page 246.* ⌂

It Was Tailor-Made To Teach Art Appreciation.



This jacket actually helped Wichita warm up to performance art as part of a project developed by Brenda Jones and her high school art class.

By participating in the "Dream Jacket" experience, students explored art history, aesthetics, art criticism, and performance. And since they were part of every phase of the production, students also learned how they can become involved in the arts even if they're not artists themselves.

Working with a state dance troupe and contemporary music ensemble, Ms. Jones' class created a visual environment for their outdoor performance site in the Flint Hills of Kansas. They then made a floor-length jacket which the audience could pass around and wear as a way to participate in the art "happening."

For her mind-expanding approach to teaching the infinite possibilities of the arts, State Farm is proud to present Brenda Jones of East High School in Wichita with our Good Neighbor Award, and to donate $5,000 to her school. After all, who else could cover so many arts with just one coat?



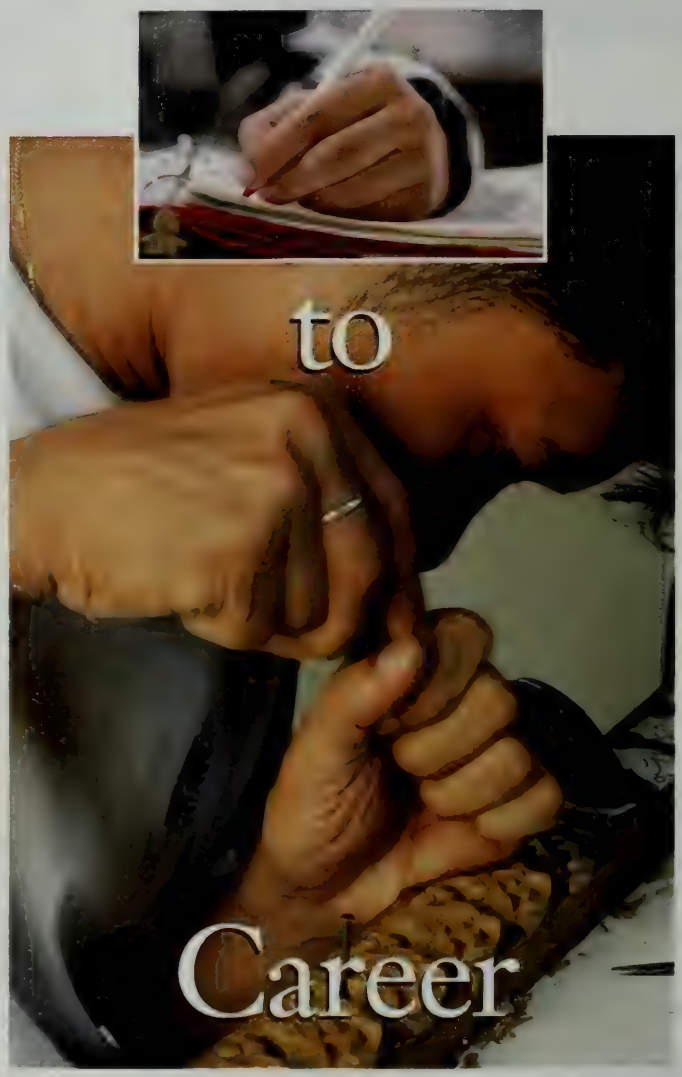
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Classroom to Career



by Harriett Webster

High school students learn real-life skills in programs that prepare them for the world of work.

Several years ago, faculty at Roosevelt High in Portland, Oregon recognized that many of their students went directly from high school to low-paying, dead-end jobs. No wonder the school's dropout rate was 13 percent. Kids didn't see a reason to stay in school.

Determined to make school more relevant to the workplace, the faculty developed "Roosevelt Renaissance 2000." In their freshman year, students explore six career pathways: natural resources, manufacturing and engineering, human services, health occupations, business and management, and arts and communications. The following year, each student chooses one of the pathways and examines it in depth. The ninth and tenth graders also participate in job shadow experiences, spending three hours a semester watching someone on the job.

During their junior and senior years, Roosevelt students participate in internships that put them in the workplace for longer periods of time. Internships are available at a newspaper, a hospital, an automotive shop, and many other work sites. "One student did an internship with the local electrical union," says business partnership coordinator Amy Henry, "and some kids interested in law have been sent to the public defender or the district attorney's offices."

Win-win partnerships. For many schools, the school-to-work initiative is built around a series of partnerships. For example, Eastman Kodak, a major employer in Colorado, introduces elementary students to business by helping them construct a model city using small cardboard structures. "The children use the models to decide on the best place to locate lemonade stands," says Lucille Mantelli, community relations director for Eastman Kodak's Colorado Division. Kodak representatives introduce math concepts by teaching fifth graders to balance a checkbook. They also provide one-on-one job shadowing experiences and offer internships for high school juniors and seniors. "Students come to the plant site two or three hours a day," explains Eastman Kodak's Mantelli. "They do accounting, clerical, or secretarial work for us. We pay them, and they get school credit. We also give them feedback on their performance and developmental opportunities."

In these partnerships, everybody wins. The participating students tend to stay in school and to take more difficult courses than students in schools that don't offer such programs. Business benefits by having a better prepared workforce. "It's a way for us to work with

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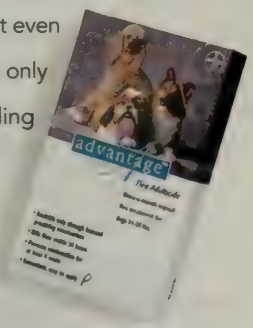
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Classroom to career

continued from page 52

the school systems to develop the type of workforce we'll need in future years," continues Mantelli. "We need employees who understand the basics of reading and writing. We need them to be proficient in math and to be comfortable working on a team."

At some schools, career preparation starts in kindergarten. Pioneer Elementary School in Ogden, Utah, which has formed a partnership with a local grocery store, wastes no time getting its students involved in the world of work. "All the first graders go to a dairy and see how milk is processed," explains student services coordinator Sharilyn Gerber. "Then they go to the store to see how dairy products are stored. They also make advertisements for these products." Second graders focus on the produce department. They learn how to procure and arrange fresh fruits and vegetables and they learn about pricing and weights. Third graders center on the bakery, where they learn about fractions and measurements by preparing large batches of chocolate chip cookies. Fourth graders focus on the business aspects of running a store, including advertising and bookkeeping. A trainer teaches fifth graders to bag groceries, and each student goes to the store to bag for 45 minutes of real-life job experience. The sixth grade students create a résumé, fill out a job application, and participate in a mock job interview at the store. They then participate in a two-hour job shadow experience with one of the employees.

> "We target middle school students because research shows that at age 12 kids start making choices that will affect them for the rest of their lives."

The middle years. While some schools start as early as elementary school, and others wait until high school, it's in the middle grades where schools really need to catch students. Middle school is the time when many students lose interest in school, explains Jondel "JD" Hoye, director of the National School-to-Work Office. "Middle schools need to reinforce exploration activities within the community at the same time they're reinforcing math and reading skills in the classrooms."

In Texas, weeklong internships in the business community are currently offered to seventh graders in the Fort Worth Independent School District. The Vital Link program involves nearly 300 companies which offer students experiences in banking, accounting, hotel management, engineering, medicine, government, the arts, communications, education, nonprofit agencies, retailing, legal services, and printing.

"We target middle school students because research shows that at age 12 kids start making choices that will affect them for the rest of their lives," explains coordinator Nancy Ricker. Students are placed in internships that match their skills and interests. Business people come to the school to talk with the kids before the internships begin. "They tell them about the business and what the people who work there do and what their salaries are," Ricker explains. "They ask the students to fill out job applications and explain why that's required."

When the students get to the job site, they are given the same introduction any new hire receives. After a morning of "work," they return to their classrooms to talk about

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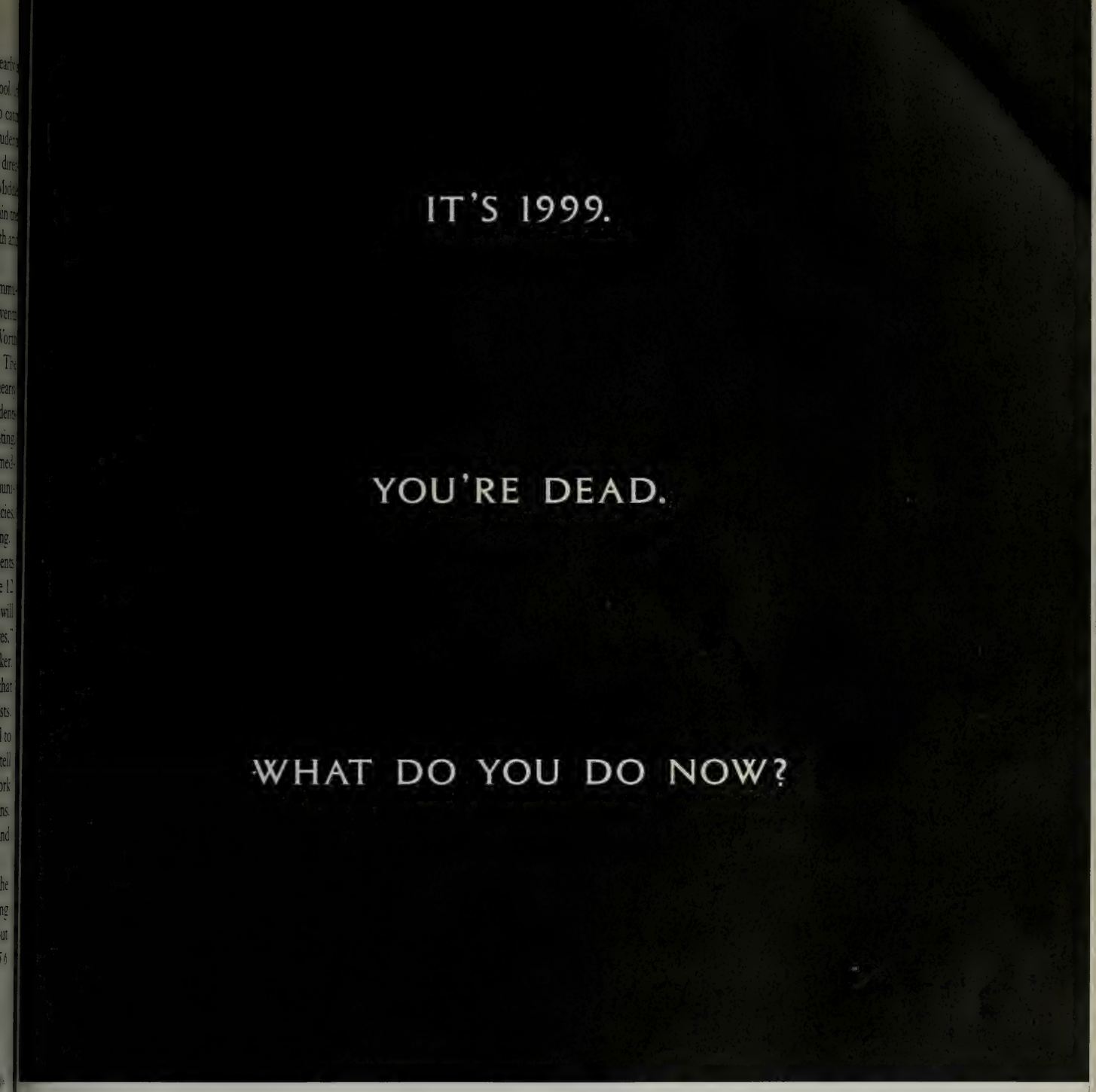
A FUTURE IN HEALTH CARE

Chad Richards, a senior at Roosevelt High School in Portland, Oregon, chose health occupations after being introduced to six career pathways in his freshman year of the "Roosevelt Renaissance 2000" program. During his sophomore and junior years, he learned health care terminology and studied the needs of patients in different age groups. Later he participated in several job shadows. "One was at an ambulance service," he says. "We helped clean up the ambulance after it was used and we restocked the supplies."



Chad is currently completing an internship at Good Samaritan Hospital in Portland. "We work with a lot of sick people of all ages there," he explains. "We help the patients move around and we do different types of housekeeping chores. The housekeeping supervisor teaches us what to do and doctors and nurses help us, too."

Chad, who plans to look for a job in the housekeeping department of a health care facility after graduation, says the pathways program "helps you figure out what kind of job you're going to look for and gives you some experience so you know what it's really like."



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Classroom to career

continued from page 54

their experiences. Their teachers reinforce the link between skills they have used in the workplace and those learned in the classroom. Vital Link students take harder courses, perform better on state-mandated tests, and have better attendance and discipline records than students who are not part of the project.

In Milwaukee, a school-to-work project introduced middle school students to the intricacies of city planning. "Representatives from the city came into the classroom and showed our students how math, science, writing, and communication skills relate to building new structures," reports Eve Maria Hall, who oversees the school-to-work initiative for the Milwaukee Public Schools.

Learning reignited in high school. In Maryland, students can apply to the Baltimore National Academy of Finance, a school-within-a-school located at Lake Clifton Eastern High School. In addition to courses in history, English, math, science, and computer skills, students study financial careers, economics, accounting, security operations, international finance, financial planning, and banking and credit. "Every Friday," explains Kathleen Floyd, who directs the academy, "we have a personal development day, when we teach interview skills, résumé writing, business etiquette, how to dress for success, and how to speak to adults."

"Our philosophy is that they can learn as much outside the classroom as in," says Floyd. "It helps them see how classes relate to what's happening in the real world."

"All students have the ability to change the world, not just to live in it," comments Milwaukee's Eve Maria Hall. "To do that, they have to know how to solve problems and use critical thinking skills, and they have to be able to work in teams. They also have to develop transferable skills because it's predicted that they may have to change jobs six or seven times in their lifetime."

From the time students enter school, "We need to encourage them to dream about careers that go beyond what they see today," concludes National School-to-Work's Hoye, noting that "a majority of our kindergarten students will have jobs that don't even exist today."

"Our philosophy is that they can learn as much outside the classroom as in."

Parents as career counselors. You are a vital influence on your child's chosen career. If you need guidance, consider working with your PTA to sponsor "Realizing the Dream," a program that involves parents in their teenagers' educational and career planning. Developed by American College Testing Inc. and the National Career Development Association, the program includes activities that enable parents to help their children explore occupations that match their interests, abilities, and preferences. Designed for parent groups, the program contains all the resources required for an introductory two-hour workshop as well as follow-up career planning materials for home use. For further information, contact ACT Inc., P.O. Box 168, Iowa City, IA 52243-0168; 319/337-1379. For more information about School-to-Work, call the STW Learning Center at 800/251-7236, or visit the STW website at http://www.stw.ed.gov.

THE REWARDS OF NATURE

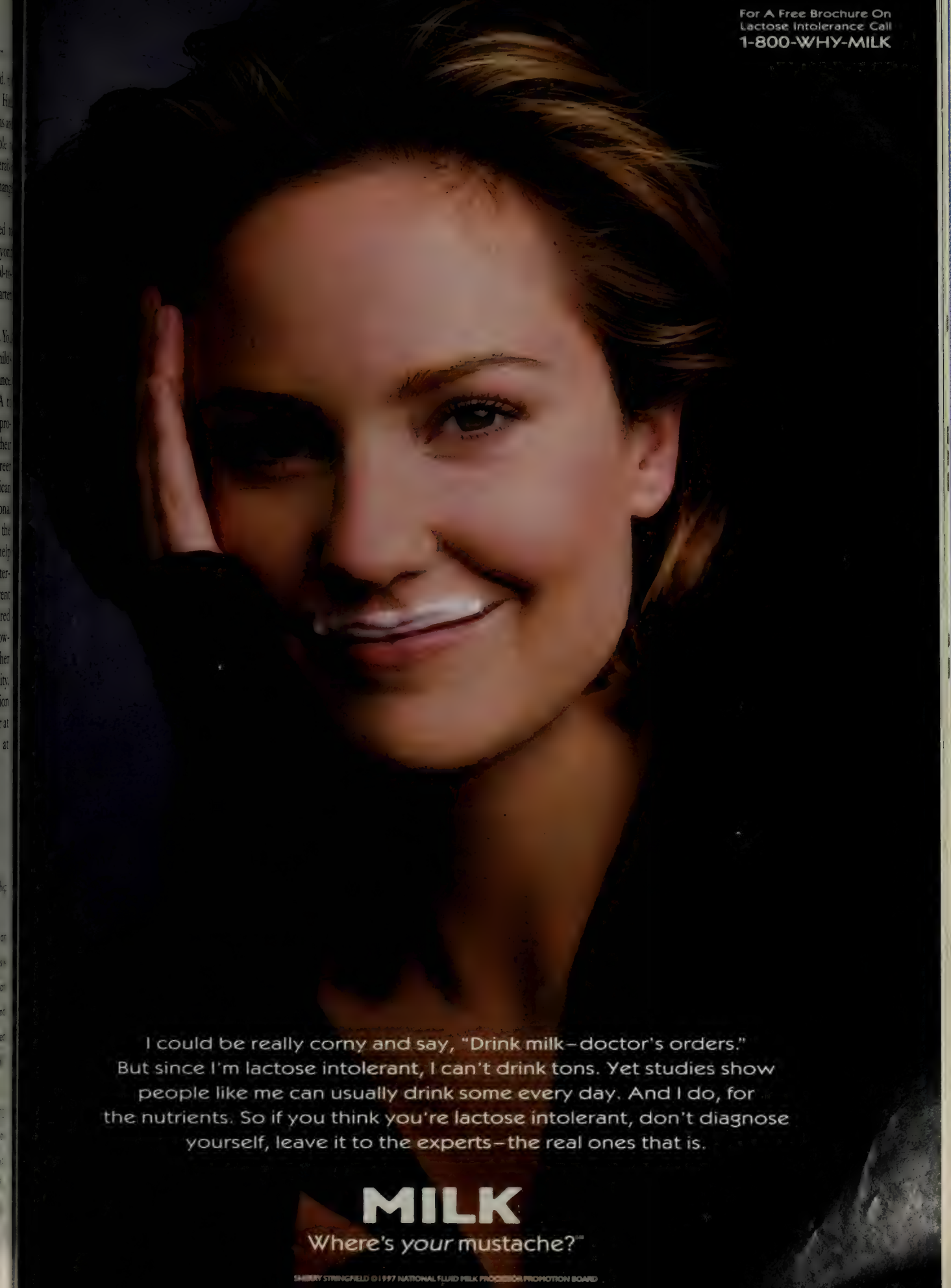
After sampling the six different pathways as a freshman, Tara Murphy, a 1996 Roosevelt graduate, chose natural resources. "I like being outside and I liked learning about all the different types of plants and trees," she says. "When I was a junior I did a job shadow with forest rangers at the Estacada Ranger District. We went far up in the mountains and surveyed a hill where they wanted to remove trees. We had to see how close it came to the river and what kind of wildlife was there. That's when I realized I really wanted to do outdoor work."



At the end of Tara's junior year, a representative from the Youth Conservation Corps came to her school and asked if anyone was interested in a YCC internship. She quickly volunteered and spent the summer landscaping, clearing out a lot of blackberry bushes, and helping at a YCC sponsored camp for fourth and fifth graders. "It was great experience," she says, "plus, I got paid $4.75 an hour and I got two high school credits and a $1500 scholarship that I can use at any Oregon state college."

During her senior year, Tara landed an internship working one day a week for six weeks with the Portland Parks and Recreation Department planting trees, weeding, and cleaning up fallen trees. When she graduated that June, the department hired her as a full-time seasonal employee.

Tara was a member of the first graduating class to go through the four-year program at Roosevelt. Amy Henry, business partnership coordinator, proudly notes that the school's dropout rate has dipped from 13 percent to 6 percent since these programs were launched.


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Painting living rooms, bedrooms, and other indoor spaces can be a headache—literally—if you aren't working with one of the newer, no-foul-emissions paints.

These improved water-based formulas emit no volatile organic compounds (VOCs), which used to make paint odors so unpleasant. To minimize outgassing, today's zero-VOC interior wall paints are limited to flat, eggshell, and semigloss finishes in whites and soft pastels. Brighter, shinier colors require the use of chemicals that give off some VOCs.

How important are these new paints to healthy air? Southern California's South Coast Air Quality Management District estimates that paint emissions from homes and other structures in their region contribute about 60 tons per day of VOC vapors in their region, while gas stations and oil refineries contribute about 44 tons per day to the smog problem.





Fungus Among Us

When concerns about indoor air pollution first gained national attention, researchers focused on carpets, paints, and other building materials as the main contributors to sick building syndrome. But an unexpected cause was growing right under our noses. Molds and fungi expel metabolic gases that are identical to fumes originating from common building materials and cleaning supplies. These noxious gases include hexane, methylene chloride, benzene, and acetone.

Controlling molds and fungi is tough because these organisms thrive in hot, humid places and feed on almost anything, including dirt. You may have unwanted colonies growing in your home if there is a foul, musty odor and you are plagued by headaches, itchy eyes, and rashes.

Cleaning carpets, walls, and other surfaces will help. Also, pay close attention to your heating and air-conditioning system. Replace ineffective fiberglass heater filters with high-efficiency filters or electronic air filters that are capable of trapping microscopic particles. Keep air-conditioning ducts clean, too. Professional services can vacuum the unwelcome microbial guests from ducts.

In those areas of the nation where automatic humidifiers are attached to heating systems, cleaning and maintenance of these water-injecting units is a must. According to Dr. Charlene Bayer of the Georgia Institute of Technology's indoor air research program, "Typical reservoir humidifiers are little mold factories. They should be cleaned regularly."

TICKED OFF

Tick bites that lead to Lyme disease and its attending chills, fevers, and pains are most likely to occur at this time of year in the Northeast, Northwest, and upper Midwest. But you can lower the odds of unwanted contact by taking these environmentally friendly precautions:

—Stay on hard paths in the woods, avoiding underbrush and tall grass where ticks thrive.

—Clear away brush and undergrowth around your yard that might attract wildlife. Ticks pick up disease-causing bacteria from host animals.

—Tuck pant legs into socks and tuck in shirts so insects can't jump on exposed skin.

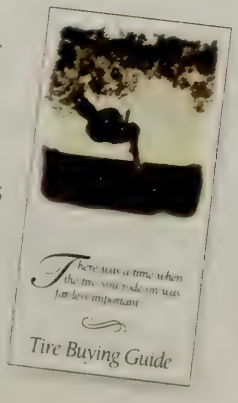
Other questions about these pinhead-sized pests can be answered by The Lyme Care Center at 800/842-5248.

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Protecting kids from air bags



From 1993 through 1996, 35 infants and children died in low-speed crashes, apparently as the result of air bags deploying. The important thing to remember about these deaths, according to safety researchers, is that virtually all of those infants and children were unrestrained, improperly restrained, or in rear-facing child seats placed in front of the passenger-side air bag, which federal safety officials have warned against.

As a parent, you can take steps to ensure your children's safety until safer, more sophisticated air bags are developed. Safety researchers say it is unclear how much of a danger air bags pose to a child who is properly restrained, but they agree that the best place for kids is in the backseat, properly restrained.

Air bags are not soft, fluffy pillows. They save lives, but they can be deadly to kids when they explode from the dash at up to 200 mph.

"It has always been the safest in the backseat of the car," says Dr. Flaura Koplin Winston. Winston, a pediatrician with a doctorate in engineering, directs the Center for Interdisciplinary Pediatric Trauma Research at the Children's Hospital of Philadelphia.

"Parents should put their children in the backseat and make sure they are properly restrained," says Dr. Winston. "And properly restrained is different for different-sized children. The risk is being in the path of the air bag when it deploys; that's what can turn a 10 mph crash into a 140 mph head impact. The point is to be far away."

An air bag deploys at up to 200 mph in a split second, even in a low-speed crash. A rear-facing infant riding in the front seat is so close to the dashboard that the air bag is still accelerating and inflating when it strikes the back of the child restraint seat with enough force to kill. Safety experts offer the following guidelines for properly restraining children:

- From birth to 1 year or about 20 pounds, infants need a rear-facing child seat that is secured in the backseat. Never use a rear-facing child seat in the front seat of a car with a passenger-side air bag.
- Children age 1 to 4 and weighing up to 40 pounds need a forward-facing child seat that is properly secured in the backseat. If, for unavoidable reasons, a forward-facing child seat must be positioned in the front, move the passenger's seat as far back as possible and secure the child seat with the seat belt.
- At the age of 4 years or 40 pounds, kids graduate from a child restraint. They should be placed on a booster seat, which raises children higher and ensures that the seat belt—including the shoulder belt—fits properly. Proper fit means the shoulder belt rests across the chest, not the neck, and the lap belt rides across the hips, not the abdomen where it could cause serious internal or spinal injuries in a crash. Never allow a child to place the shoulder belt behind or under the arm.

Once children are big enough for the seat belt to fit properly when they sit on the regular car seat, they no longer need a booster. One study by the National Highway Traffic Safety Administration found that to use a shoulder and lap belt properly, a child must be at least 4 feet, 10 inches tall and weigh at least 80 pounds.

CALL THE SAFETY HOTLINE Consumers who want up-to-date information or have questions or concerns about air bags or child safety seats can contact the National Highway Traffic Safety Administration by calling its toll-free Auto Safety Hotline at 800-424-9393 (which can fax information to consumers) or by visiting its World Wide Web site at: http://www.nhtsa.dot.gov.

by Cheryl Jensen



97% Of Prizm Owners Would Recommend Prizm To A Friend. (But Lending It To One. . . That's Another Story.)

For five years we've been telling people that a whopping 97% of Prizm* owners would recommend Prizm to a friend. That's a lot of people liking this car for a lot of reasons. Year, after year, after year.

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The Skinny on the New Diet Pill

by Nick Gallo



Last April, the Food and Drug Administration approved the sale of Redux, the first weight-loss drug in 23 years. Splashed across magazine covers and on TV talk shows, Redux was an immediate hit. In the first three months, U.S. doctors wrote a staggering 1.2 million prescriptions for the small white capsules.

But that number is just the tip of the iceberg. Surveys suggest 58 million Americans—about one-third of the adult population—are clinically obese, defined as 20 percent above ideal weight. At any given time, one in three women and one in five men are trying to lose weight.

But does the anti-obesity drug really work? And just how safe is it? We asked the nation's leading obesity experts to weigh in on Redux to see if it's here to stay or just another fad destined to fade.

How does Redux work? Chemically known as dexfenfluramine, Redux works by raising serotonin levels in your brain. The boost in serotonin, a chemical transmitter that helps regulate hunger signals, suppresses appetite in some people and curbs their food cravings.

Aren't diet pills dangerous? Weight-loss drugs are making a comeback after acquiring a bad reputation several decades ago. During the 1960s, millions of Americans popped diet pills, which were amphetamines. They turned out to be addictive and frequently the cause of volatile mood swings and other unpleasant side effects. Redux has no amphetamine-like properties, nor is it addictive. It doesn't speed up metabolism; it alters brain chemistry to make people feel full without eating as much. The pill has been sold in Europe for more than a decade and is available in 65 countries.

Why use drug therapy for weight loss? Until recently, doctors wouldn't think of prescribing medication to help someone lose weight. This was due, in part, to past experience with diet pills. Also, most doctors viewed excess weight as a problem of self-control and bad eating habits. Their solution was to promote behavior change through a prudent diet and exercise program.

"If we use drugs to control diabetes, why can't we use them to control obesity?"

But weight loss is very difficult to maintain, says F. Xavier Pi-Sunyer, M.D., director of the obesity center at St. Luke's-Roosevelt Hospital in New York. Most people eventually regain the pounds they've lost on a diet. Experts now suspect a person's weight is tied to biological underpinnings. In effect, dieters are locked in a battle with their own body biochemistry.

Obesity is now considered a chronic illness, says Dr. Pi-Sunyer. Lack of willpower may be part of the problem, but if so, uncontrolled eating arises from deep-seated cravings. "These forces are just as strong as those that cause diabetes or some other disease," he says. "So, now we're saying: If we use drugs to control diabetes, why can't we use them to control obesity?"

The push for drug therapy also is growing stronger because obesity has serious medical consequences. It can lead to heart disease, hypertension, high blood cholesterol, diabetes, and even certain cancers. Obesity

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□man ? □woman



Does it matter?



Sure® Ultra Dry keeps you **drier** than any other type so a MAN WOMAN HUMAN feels **clean.**

Procter & Gamble 1997

New Diet Pill

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contributes to 300,000 preventable deaths a year.

Who can benefit from Redux? Not everyone. The drug is reserved for people who are so overweight they're at risk for serious medical problems. The FDA issued clear guidelines when it approved Redux, reserving it for people who are at least 30 percent over ideal weight or those who are at least 20 percent above ideal weight with one or more weight-related health problems, such as high blood pressure, high cholesterol, or diabetes (see chart, *page 68*).

This means that if you are 5'6", you must weigh at least 185 pounds to be a candidate, or 167 if, for example, you have high blood pressure. If you are 5'9", your scale should read at least 200 pounds, or 180 if you have a weight-related health problem.

Redux also is recommended for those people who have tried, and failed, to maintain a lower weight with lifestyle changes.

"This is serious medicine for a serious disease," says Richard Wurtman, director of the clinical research center at Massachusetts Institute of Technology in Boston and one of the developers of Redux. "It should not be used to drop 10 pounds for a wedding."

G. Ken Goodrick, Ph.D., an assistant professor of medicine at Baylor College of Medicine, says Redux is likely to benefit those people who are constantly thinking about food or obsessing about eating. "It can help them eat sensibly," he says.

How well does it work? Redux has shown solid results, but its effects have been mostly modest. According to the British medical journal *Lancet*, a yearlong study of 822 obese people evaluated Redux combined with a diet and exercise program. About one in five of the subjects lost at least 15 percent of their body weight. The average weight loss was about 10 percent. A large percentage of the subjects—more than one third—lost very few pounds.

"This isn't a magic bullet," says Dr. Pi-Sunyer. "It won't melt your fat away."

Yet, Redux can be helpful, he believes. Even a modest loss of 5 to 10 percent of body weight reduces the risk of health problems. But will it satisfy someone who wants dramatic results? If you weigh 200 pounds and take Redux, you might drop about 20 pounds—good, but hardly miraculous.

If you are 5'6", you must weigh at least 185 pounds to be a candidate, or 167 if, for example, you have high blood pressure.

Does Redux work for everyone? No. About one in five people doesn't respond to the drug, says Judith S. Stern, Sc.D., a leading obesity researcher at the University of California at Davis. Nobody knows why, but it's likely there are numerous causes of overeating, some that don't involve the biochemical pathways influenced by Redux. Redux helps curb cravings, but some people may disregard feelings of fullness and continue to consume high calorie counts.

Studies show that the people who benefit from Redux usually make gains quickly. "If you haven't lost four pounds in the first four weeks, it isn't for you," Stern says.

Do you have to diet and exercise while taking it? Redux doesn't work very well alone, says George Blackburn, M.D., director of the nutrition and medicine center at Beth Israel Deaconess Hospital in Boston. It is meant to be part of a

continued on page 68

Brief Summary of
Prescribing Information as of July 1996

ALLEGRA™
(fexofenadine hydrochloride) Capsules
60 mg

INDICATIONS AND USAGE
ALLEGRA™ is indicated for the relief of symptoms associ seasonal allergic rhinitis in adults and children 12 years of age Symptoms treated effectively include sneezing, rhinorrh nose/palate/throat, itchy/watery/red eyes.

CONTRAINDICATIONS
ALLEGRA™ is contraindicated in patients with known hyperser any of its ingredients.

PRECAUTIONS
Drug Interactions
In two separate studies, fexofenadine hydrochloride 120 mg t (twice the recommended dose) was co-administered with eryt 500 mg every 8 hours or ketoconazole 400 mg once daily unde state conditions to normal, healthy volunteers (n=24, each st differences in adverse events or QTc interval were observ subjects were administered fexofenadine hydrochloride alone or nation with erythromycin or ketoconazole. The findings of thes are summarized in the following table:

Effects on Steady-State Fexofenadine Pharmacokineti After 7 Days of Co-Administration with Fexofenadine Hydrochloride 120 mg Every 12 Hours (twice recommended dose) in Normal Volunteers (n=24)

Concomitant Drug	$C_{max,SS}$ *(Peak plasma concentration)*	AUC_{SS}(0- *(Exten systemic ex*
Erythromycin (500 mg every 8 hrs)	+82%	+109
Ketoconazole (400 mg once daily)	+135%	+164

The mechanisms of these interactions are unknown, and the pot interaction with other azole antifungal or macrolide agents has studied. These changes in plasma levels were within the range c levels achieved in adequate and well-controlled clinical trials. Fexo had no effect on the pharmacokinetics of erythromycin or ketocon

Carcinogenesis, Mutagenesis, Impairment of Fertility
The carcinogenic potential and reproductive toxicity of fexo hydrochloride were assessed using terfenadine studies with fexofenadine exposure (based on plasma area-under-the-curv values). No evidence of carcinogenicity was observed when mice were given daily oral doses of 50 and 150 mg/kg of terfenadine fo 24 months, respectively; these doses resulted in plasma AUC fexofenadine that were up to four times the human therapeu (based on a 60-mg twice-daily fexofenadine hydrochloride dose) In in-vitro (Bacterial Reverse Mutation, CHO/HGPRT Forward and Rat Lymphocyte Chromosomal Aberration assays) and (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hy ride revealed no evidence of mutagenicity.
In rat fertility studies, dose-related reductions in implants and inc postimplantation losses were observed at oral doses equal to o than 150 mg/kg of terfenadine; these doses produced plasma AU of fexofenadine that were equal to or greater than three times th therapeutic value (based on a 60-mg twice-daily fexofenadine hy ride dose).

Pregnancy
Teratogenic Effects: Category C. There was no evidence o genicity in rats or rabbits at oral terfenadine doses up to 30 these doses produced fexofenadine plasma AUC values that w 4 and 37 times the human therapeutic value (based on twice-daily fexofenadine hydrochloride dose), respectively.
There are no adequate and well-controlled studies in pregnant Fexofenadine hydrochloride should be used during pregnancy o potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects. Dose-related decreases in pup weight survival were observed in rats exposed to oral doses equal to an than 150 mg/kg of terfenadine; at these doses the plasma AUC fexofenadine were equal to or greater than 3 times the human the values (based on a 60-mg twice-daily fexofenadine hydrochlorid

Nursing Mothers
There are no adequate and well-controlled studies in women dur tion. Because many drugs are excreted in human milk, caution s exercised when fexofenadine hydrochloride is administered to a woman.

Pediatric Use
Safety and effectiveness of ALLEGRA™ in pediatric patients under of 12 years have not been established. Across well-controlled clini in patients with seasonal allergic rhinitis, a total of 205 patients the ages of 12 to 16 years received doses ranging from 20 mg to twice daily for up to two weeks. Adverse events were similar in th compared to patients above the age of 16 years.

Geriatric Use
In placebo-controlled trials, 42 patients, age 60 to 68 years, doses of 20 mg to 240 mg of fexofenadine twice daily for up to two Adverse events were similar in this group to patients under age 6

ADVERSE REACTIONS
In placebo-controlled clinical trials, which included 2461 receiving fexofenadine hydrochloride at doses of 20 mg to twice daily, adverse events were similar in fexofenadine hydro and placebo-treated patients. The incidence of adverse including drowsiness, was not dose related and was similar subgroups defined by age, gender, and race. The percent of who withdrew prematurely because of adverse events was 2. fexofenadine hydrochloride vs 3.3% with placebo. All adverse that were reported by greater than 1% of patients who recei recommended daily dose of fexofenadine hydrochloride (60 m daily), and that were more common with fexofenadine than p are listed in the following table.

Adverse Experiences Reported in Placebo-Controlled Seasonal Allergic Rhinitis Clinical Trials at Rates of Greater Than 1%

Adverse Experience	*Fexofenadine 60 mg Twice Daily (n=679)*	*Plac Twice (n=6*
Viral Infection (cold, flu)	2.5%	1.5
Nausea	1.6%	1.5
Dysmenorrhea	1.5%	0.3
Drowsiness	1.3%	0.9
Dyspepsia	1.3%	0.6
Fatigue	1.3%	0.9

Adverse events occurring in greater than 1% of fexofenadine hyd ride-treated patients (60 mg twice daily), but that were more com the placebo-treated group, include headache and throat irritation. The frequency and magnitude of laboratory abnormalities were si fexofenadine hydrochloride and placebo-treated patients.

Prescribing Information as of July 1996

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ut, as the makers of Seldane, we want you to know e've made something that is safe for a broader range f allergy sufferers: Allegra. Unlike Seldane, Allegra an be taken with common medicines like antibiotics r antifungals. That means more allergy sufferers than ver can experience the nondrowsy relief they want. o this allergy season, doctors will be switching eldane users to Allegra.

llegra gives you nondrowsy relief from symptoms like neezing, runny nose, and itchy, watery eyes, while it ts you feel like yourself. In fact, in clinical tests with llergists, drowsiness or side effects occurred about as often as with a placebo (sugar pill). Most common were drowsiness (1.3% vs 0.9%); cold or flu (2.5% vs 1.5%); nausea (1.6% vs 1.5%); and menstrual pain (1.5% vs 0.3%).

And there's even more. Allegra is safe to take as prescribed—one capsule, twice a day for people 12 and over. Plus, its effectiveness doesn't wear off as the day wears on. All this, and a lower price, too, because we want you to have every reason to try Allegra.*

So get ready for the latest from the makers of Seldane. Talk to your doctor and discover the freedom of Allegra.

*Based on average retail price. Source: IMS National Prescription Audit, July-Sept 1996. The cost may vary depending on where you live and your pharmacy's pricing policy. Ask your pharmacist how much you can save.

Please see additional important information on adjacent page.

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New Diet Pill

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larger effort that includes following a reduced-calorie diet and an exercise program.

In fact, the best results are achieved when Redux is used as an adjunct to a program that includes nutrition education, behavior modification counseling, exercise, and support groups or therapy when appropriate, says Dr. Blackburn. Without proper support, Redux users are likely to get marginal benefits and may end up disillusioned.

Is it safe? The most frequent side effects reported are diarrhea, dry mouth, and drowsiness. These often fade within a few weeks. Redux also may cause temporary nausea, headaches, and insomnia.

More seriously, dexfenfluramine can cause a rare, but deadly, cardiovascular condition called primary pulmonary hypertension (PPH). This happens when the blood vessels that supply the lungs thicken and gradually stiffen so the heart has to work much harder.

The risk of Redux users developing PPH is low—an estimated 23 to 46 cases for every million Americans taking the pill each year. The condition, however, is usually fatal once contracted. Doctors have been advised to closely monitor patients taking Redux. That often means making monthly visits. Call your doctor immediately if you're taking Redux and you develop shortness of breath, chest pains, fainting, or swelling of the legs or feet.

Studies also have linked Redux to brain damage in laboratory animals. These effects have not been demonstrated in humans, but some experts worry that the drug could cause patients to have memory problems and mood disorders.

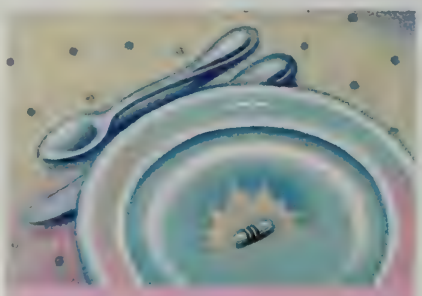
Wurtman, who helped develop Redux, doesn't agree. He says that the dose used in animals was 10 times higher than the amount commonly used by dieters. He notes that Redux has been used in Europe by more than 10 million people without reports of any neurological problems. Still, the issue is unsettled.

Are there other warnings? Redux taken with other drugs that act on serotonin can produce an adverse reaction called "serotonin syndrome." Symptoms include anxiety, confusion, jerking muscles, and shaking. Don't use Redux if you are taking migraine medications or antidepressants, especially a class of antidepressants known as MAO inhibitors.

Also, rule out Redux if you are pregnant, nursing, younger than 18 years old, or have uncontrolled heart disease or a history of psychiatric illness.

How long can you take Redux? Redux is the first weight-loss drug approved for long-term use. Generally, this has been interpreted to mean one year.

However, obesity may require indefinite treatment, says Susan Yanovski, M.D., an obesity researcher at the National Institutes of Health. In theory, this makes sense. If obesity is a chronic illness, drug therapy needs to be maintained on a long-term basis to be effective. Once it's discontinued, dieters are likely to regain weight. If long-term studies prove Redux is safe, doctors may recommend lifelong therapy for many patients, says Dr. Yanovski, though the decision would be influenced by a particular person's risks of remaining obese compared to the benefits of medication.



ARE YOU A CANDIDATE?

The FDA issued strict guidelines for use, recommending Redux for people who are at least 30 percent over ideal weight, or those who are at least 20 percent over ideal weight and have a weight-related health problem, such as high blood pressure, diabetes, or high cholesterol.

Here's a quick way to see if you qualify:

Height	30% over ideal weight (lbs.)	20%, with other risk factors (lbs.)
5'0"	155	140
5'3"	170	150
5'6"	185	165
5'9"	200	180
6'0"	220	200
6'3"	240	215

Many overweight people won't want to take diet pills forever. Intermittent use may be another option in the future. It's possible that one scenario is to take Redux for six months, taper the dosage, and stop the drug after losing significant weight, then go back on Redux for brief periods to keep weight in check. "We're investigating this now," Dr. Blackburn says.

How expensive is Redux? It costs about $2.40 per day, or more than $70 for one month's supply, plus the costs of regular doctor visits. In general, most insurance companies balk at covering weight-loss costs. Most do not cover Redux, though that may change as drug therapy becomes more accepted.

What other weight-loss drugs are available? Another highly popular weight-loss pill is a drug combination known as "fen-phen." The product consists of d, l-fenfluramine—a relative of Redux—and phentermine, which acts as a stimulant. Fen-phen has shown promise in small-scale studies, but it hasn't been compared to Redux in trials. (The merits of the two are widely debated on the Internet.)

Currently, Redux offers some advantages over fen-phen, says Arthur Frank, M.D., director of the obesity management program at George Washington University. It's been approved by the FDA for extended use; it can be taken for a year—versus three months for fen-phen; and

continued on page 70

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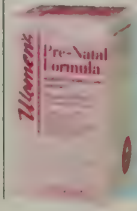
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New Diet Pill

continued from page 68

it's likely to cause fewer side effects. More studies are under way.

Meanwhile, other fat-fighting drugs are making news and may be available before the end of the year. In November, the FDA granted a drug company an "approvable letter," a step in the government-approval process, for sibutramine to be sold under the name Meridia.

Like Redux, it is an appetite suppressant, though it acts on two brain chemicals. Studies suggest it can help people lose 5 to 10 percent of their body weight. A drug by the name of Xenical (orlistat) also is being tested. It aids weight loss by blocking the absorption of fat.

"Redux is just the first generation of drugs for obesity," says Dr. Frank. "In five or ten years, we'll probably have a handful of much better, more sophisticated medications available."

So, what's the bottom line? For all the hoopla, Redux isn't likely to be a dieter's salvation. It's a moderately effective, relatively safe drug that can help people who are very overweight. And this is no small thing. "We need to do something," says obesity researcher Judith Stern, noting that the percentage of U.S. adults who are overweight has soared from 25 percent in 1980 to 33 percent in the 1990s. "We're in the midst of an epidemic."

The downside is that Redux inevitably will be misused in a society that worships thinness. In a recent Houston fitness magazine, an ad from a doctor heralding Redux and fen-phen promised "Permanent Weight Loss—Even if you only want to lose 5 pounds!"

"To use Redux to try and lose five pounds isn't smart," Stern says. "Drugs have risks."

There are millions of Americans who are not severely obese, but eager to shed 10 or 20 stubborn, unsightly pounds. For them, the best advice is still yesterday's news: Eat less, choose foods that are low in fat, and get more exercise.

REDUX REVIEWS

Leigh Lewis started using Redux three months ago, and the results have been dramatic. The 37-year-old pharmacist has lost more than 50 pounds, dropping to 200, and she no longer feels driven by food cravings.

"I feel like I'm eating like a normal person," she says. "I don't feel starved when I start to eat. I don't snack in the afternoons like I used to, and I don't munch at night."

Leigh always has been able to lose weight, but like most dieters, she couldn't keep it off. "I have plenty of willpower, but I'm a compulsive eater. It's like being an alcoholic."

While Redux has given her a big boost, her commitment to losing weight is part of the reason for her success so far. "The drug doesn't do the work for you," she says. "You still have to do that. I could go into my pantry right now and eat M&M's, but I don't want to."

James Turner, 34, a computer software contractor, says Redux helps him keep his portions under control. "I don't load up my plate at buffets anymore," he says. "I have one piece chicken and some salad instead of going through the whole table."

James, who started taking Redux when he weighed 267, has lost almost 15 pounds after one month. The drug doesn't erase his hunger pangs, he says, but helps him make rational decisions about food.

"I look at snacky foods, you know, like chips, and say: 'Do I really want this? How badly do I need this?'"

James has had dry mouth and diarrhea, two common side effects of taking the diet pill. He tolerated those and says he's willing to risk the potentially lethal threat of primary pulmonary hypertension. "I worry more about my chances of dying from all this weight," he says. "I have a two-year-old son. I'd like to still be around to play with him when he's six and seven."

But Redux doesn't work for everyone. "It never kicked in," sighs Nancy Miller, 32, an office manager who took Redux for one month without any benefits. "I read about how you'd eat a salad and it would feel like you'd finished a five-course meal. Sorry, it had no appetite suppressant ability for me at all."

Brief Summary

MetroGel.
(metronidazole topical gel) FOR TOPICAL USE ONL
Topical Gel, 0.75% (NOT FOR OPHTHALM

CLINICAL PHARMACOLOGY The mechanisms
METROGEL acts in reducing inflammatory lesions o
are unknown, but may include an anti-bacterial an
inflammatory effect.

INDICATIONS AND USAGE METROGEL is indi
topical application in the treatment of inflammatory pap
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CONTRAINDICATIONS METROGEL is contraind
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parabens, or other ingredients of the formulation.

PRECAUTIONS Because of the minimal abso
metronidazole and consequently its insignificant
concentration after topical administration, the adverse
ences reported with the oral form of the drug have
reported with METROGEL.

General METROGEL has been reported to cause t
the eyes. Therefore, contact with the eyes should be
If a reaction suggesting local irritation occurs, patients s
directed to use the medication less frequently, discont
temporarily, or discontinue use until further inst
Metronidazole is a nitroimidazole and should be used
in patients with evidence of, or history of, blood dyscra

Drug Interactions Drug interactions are less lik
topical administration but should be kept in min
METROGEL is prescribed for patients who are receiv
coagulant treatment. Oral metronidazole has been
to potentiate the anticoagulant effect of coumarin and
resulting in prolongation of prothrombin time.

Carcinogenesis: Tumorigenicity in Rodents Metro
has shown evidence of carcinogenic activity in a nu
studies involving chronic, oral administration in mice
but not in studies involving hamsters. These studies
been conducted with 0.75% metronidazole gel, whic
result in significantly lower systemic blood levels t
formulations.

Mutagenicity Studies Although metronidazole has
mutagenic activity in a number of in vitro bacterial as
tems, studies in mammals (in vivo) have failed to dem
a potential for genetic damage.

Pregnancy: Pregnancy Category B There has b
experience to date with the use of METROGEL in p
patients. Metronidazole crosses the placental barr
enters the fetal circulation rapidly. No fetotoxicity was o
after oral metronidazole in rats or mice. However, beca
mal reproduction studies are not always predictive of
response and since oral metronidazole has been show
a carcinogen in some rodents, this drug should be use
pregnancy only if clearly needed.

Nursing Mothers Even though METROGEL blood le
significantly lower than those achieved after oral metron
a decision should be made whether to discontinue nurs
discontinue the drug, taking into account the importanc
drug to the mother.

Pediatric Use Safety and effectiveness in children h
been established.

ADVERSE REACTIONS Adverse conditions reported
watery (tearing) eyes if the gel is applied too closely
area, transient redness, and mild dryness, burning, a
irritation. None of the side effects exceeded an incid
2% of patients.

OVERDOSAGE There is no human experience wit
dosage of METROGEL. The acute oral toxicity
METROGEL formulation was determined to be great
5 g/kg (the highest dose given) in albino rats.

DOSAGE and ADMINISTRATION Apply and rub in
film of METROGEL twice daily, morning and evening, t
affected areas after washing. Significant therapeutic
should be noticed within three weeks. Clinical studie
demonstrated continuing improvement through nine
of therapy. Areas to be treated should be cleansed
application of METROGEL. Patients may use cosmeti
application of METROGEL.

HOW SUPPLIED METROGEL topical gel (0.75% met
zole) is supplied in a 1 oz. (28.4 g) aluminum tube — NDC
3835-28 and a 45 g aluminum tube — NDC 0299-3835-

Caution: Federal law prohibits dispensing without a presc

Consult package insert for full disclosure.
Package insert revised 8/95.

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MAYBE IT'S ACNE.
MAYBE IT'S ROSACEA.



Persistent redness or flushing in the middle areas of the face. Broken blood vessels. Acne-like bumps. These are all symptoms of rosacea—a skin condition that affects over 12 million Americans middle-aged and older.

Rosacea symptoms may come and go, but without treatment, they may get worse over time. Over-the-counter medications may help temporarily, but to really get your rosacea under control, you need to see a doctor.

So don't wait. **Talk to a dermatologist today.** And when you do, ask about MetroCream™ or MetroGel®, the #1 doctor prescribed topical rosacea medication.

In clinical trials, patients experienced the following individual side effects in order of frequency: skin discomfort (burning and stinging), redness, skin irritation, itching, or worsening of rosacea. The total incidence of side effects was approximately 10%.

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Laughter
It's Good Medicine

by Michele Meyer

If your doctor ever tells you to lighten up, don't be offended. Such a prescription may sound ridiculous, but research shows that laughter and a positive attitude can be healing. They not only help bolster your immune system, but they also lead patients to take better care of themselves. Anger and stress can do the reverse.

Thirty minutes after 20 medical students laughed through a video of a well-known comedian, their disease-fighting white blood cells increased by 25 percent, according to a Loma Linda University study.

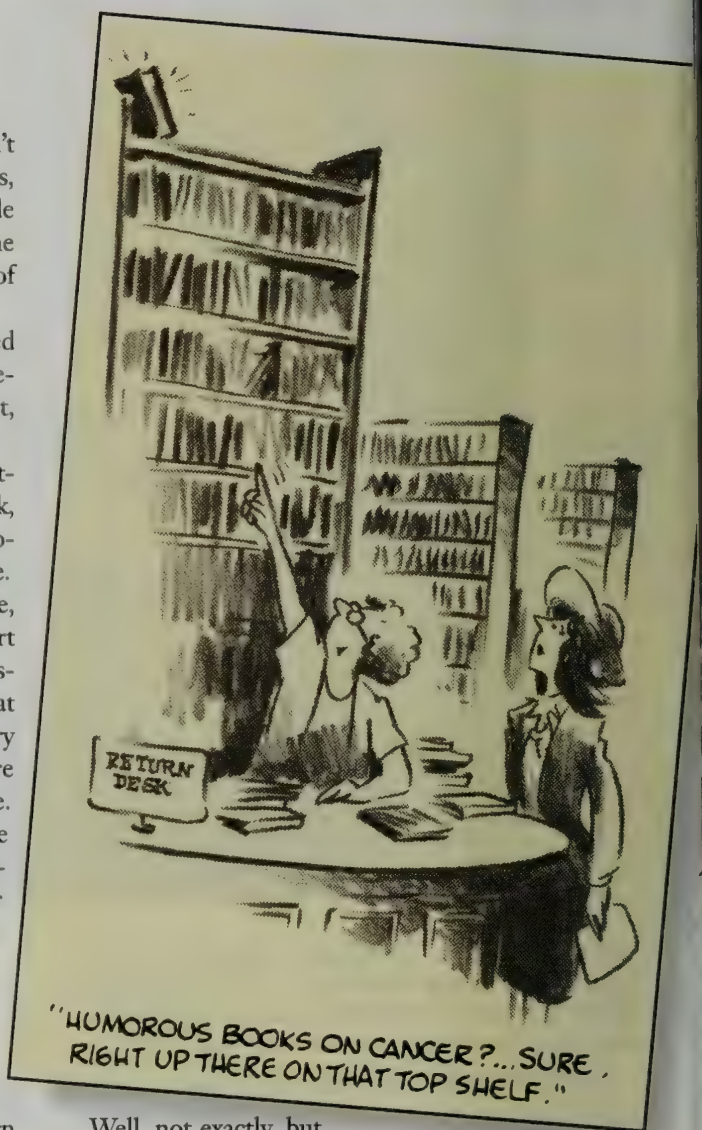
"If we took what we now know about laughter and bottled it, it would require FDA approval," says Lee S. Berk, Dr. P.H., leader of the laughter study and assistant professor of pathology at Loma Linda's School of Medicine.

Anger, in contrast, evokes the fight-or-flight response, which leads to the squeezing of blood vessels and heart disease. A recent Duke University study found that hostile people—those who bang on elevator buttons, yell at cars that cut in front of them, and count items in grocery baskets in express lines—are four to seven times more likely to be dead by age 50 than those who aren't hostile.

Mirth as medicine was the last thing on Christine Clifford's mind when she was diagnosed with breast cancer in 1994. As she and her husband explained to their two young sons that she'd need treatments that would make her ill and cause her hair to fall out, her then 11-year-old said, "Cool. You'll look like Captain Picard on *StarTrek*."

"That was the first time I'd laughed in eight days," says Christine, 43, of Edina, Minnesota. "The pain lifted for a minute—and I realized I can still laugh, still learn to enjoy what I have."

She has since written a cartoon book, *Not Now...I'm Having a No Hair Day!* (Pfeifer-Hamilton, 800/247-6789), a compilation of funny moments during her recuperation—like the time her then 8-year-old son yelled to her after answering a knock at the front door, "Mom, more flowers for your breast." Says Christine, "If you don't find the humor, you'll dry up."



Well, not exactly, but laughter does pump the heart—and the muscles of the abdomen, chest, shoulders, and neck, says William F. Fry, M.D., a professor of psychiatry at Stanford University Medical School. Laughter also stimulates the brain, ventilates lungs, and raises heart rate, blood pressure, respiration, and circulation. That's why 100 laughs a day—the average for adults—is equivalent to the physical benefits

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ILLUSTRATIONS JACK LINDSTROM FOR *NOT NOW...I'M HAVING A NO HAIR DAY!*



NEW
ALPHA HYDROXY
CREAM

You're a security blanket. A hand to hold. A shoulder to lean on.
JERGENS ULTRA HEALING LOTION absorbs completely to help restore your skin to its healthy, moisturized self. Which makes your skin so nice to touch, and you so nice to hold.

JERGENS SKINCARE
Because life is touching.™

Laughter: It's Good Medicine

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you get from riding a stationary bike for 15 minutes or spending 10 minutes on the rowing machine. "It's a total body experience," says Dr. Fry. Here's how humor, optimism, and relaxation can literally make you feel better.

See your life as a sitcom. When Christine's wig and hat blew off at a professional golf tournament, everyone around her gasped in horror. "You can either be mortified or laugh," says Christine, who snuck under the ropes to retrieve her wig from the fairway. "I turned to the golfers and said, 'Gentlemen, the wind is blowing left to right.' "

You don't have to wait for disasters to spot humor. It's in everything you do, from saving your good dishes only for special guests to considering yourself the most incredible towel folder of the century, says Loretta LaRoche of the Mind/Body Institute in Boston. "Seeing it gives you the perspective that you're not the center of the universe."

Share humor with others. Because Jane Hill, 46, a management consultant and comedian in Santa Ana, California, was able to poke fun at her breast cancer, her then 12-year-old daughter, Kelly, felt comfortable discussing it—and laughing with her. Jane is convinced she coped better because she was able to share. In 1992, researchers at Duke University found a 50-percent five-year mortality rate among unmarried heart patients without a close friend or confidant, compared with only a 17 percent mortality rate for heart patients with a spouse, confidant, or both.

So joke with your family, coworkers, and friends verbally, by e-mail, or by fax. Find a friend who has the same sense of humor that you do, says Dr. Fry. He shares parrot jokes with an e-mail pal. "We trade them and laugh like crazy. Humor is contagious, laughter is infectious, and both are good for your health," he says.

For Jane, humor became a coping mechanism. "You always have it with you, it doesn't cost anything, and it doesn't need to be injected with a needle," she says.

Start the day with laughter. Abraham Lincoln always started cabinet meetings with a joke, says Leslie Gibson, R.N., founder of the Comedy Connection, a volunteer service of Morton Plant Mease Healthcare in Clearwater, Florida. Once, when harassed by a heckler who called Lincoln two-faced, the president retorted, "If I'm two-faced, would I be wearing this one?"

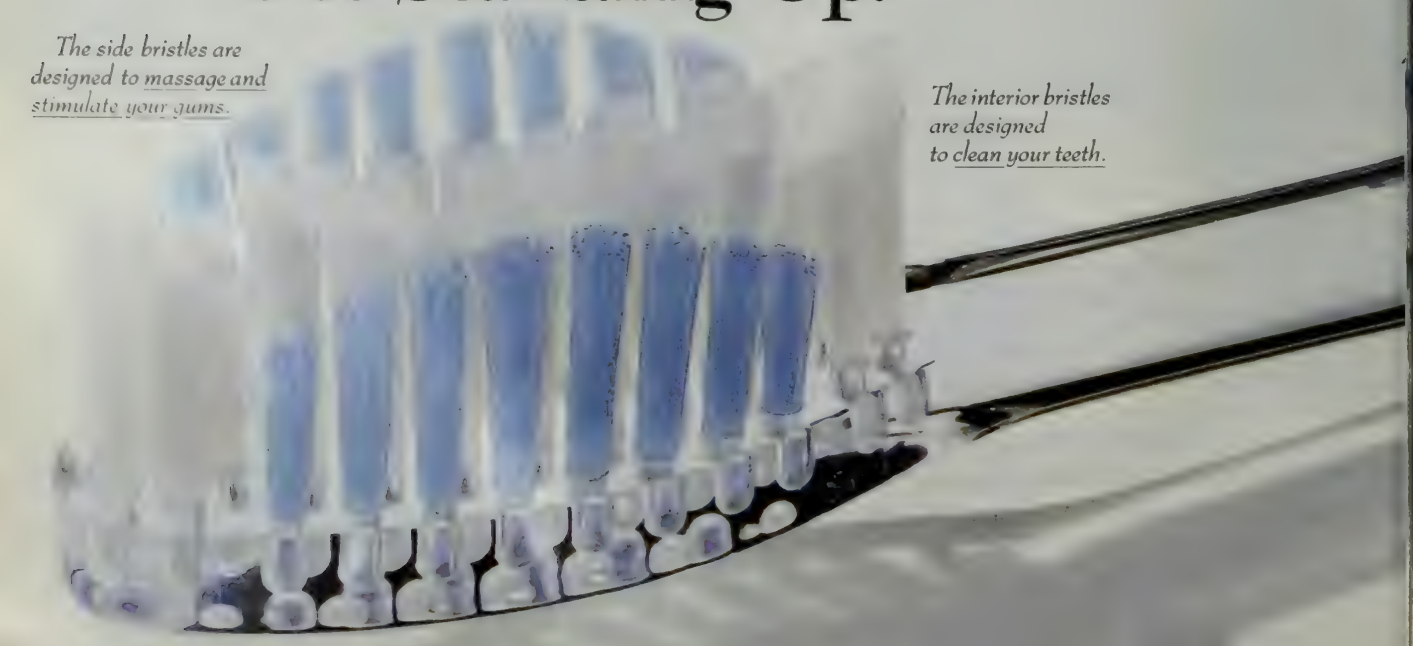
Try waking up to humor with a cartoon-a-day calendar, or listen to a comedy cassette while you commute.

Paul McGhee, Ph.D., author of *Health Healing and*

The Most Incredible Massage You Can Get Standing Up.

The side bristles are designed to massage and stimulate your gums.

The interior bristles are designed to clean your teeth.



the Amuse System: Humor as Survival Training (Kendall/Hunt, 1996), often wears one of 30 funny noses just to see how people react. "One day I was wearing my elephant nose down the street when a guy said, 'Listen, I think you should consider plastic surgery.'"

You may find it easier to chuckle if you set aside a night or two for laughter, beginning with a joke-around at the dinner table. Then watch a funny movie or go to a comedy club or a store to read funny cards.

"I have tickle fights with my daughter when I need a laugh," says Wanda, 42, a Boston-area sales executive who overcame ovarian cancer.

When all else fails, fake it. Your body doesn't know the difference between the physical reaction of a sincere or a fake laugh, says Gibson. Sit erect, talk more cheerfully, and flash a smile. "When you take a deep breath in to laugh, you expand your lungs, increasing your circulation," she says.

Try laughing louder and deeper. "You'll feel self-conscious at first, but you'll be glad you did," says Paul McGhee. "A lot of the benefits come from the physical activity of belly laughter."

Quipping instead of quivering with fear can make all the difference. Patty Wooten, R.N. and author of *Compassionate Laughter: Jest for Your Health* (Commune-a-Key, 1996), recalls a patient who taped a note to his belly before an operation saying, "Hey doc, while you're in there, would you check the oil?" He fell asleep under the anesthesia while hearing the laughter of nurses. As he came to, it was his turn for a laugh. The doctor had pinned a note to his bandage: "Oil checked, tires rotated, chassis lubed. Next service 30,000 miles or tomorrow morning—whichever comes first."

Looking at the bright side not only eases nervousness but enriches your health. Men and women experiencing depression, despair, and low self-esteem had a 70 percent greater risk of heart attack and a 60 percent higher risk of dying, according to a Duke study reported last year in *Circulation*, a medical journal.

One explanation may be that bad feelings lead to bad habits. Another may be that negative emotions speed heart rate or constrict blood vessels, either of which can contribute to a heart attack.

Listen to your inner voice. Negative thinking results from programming during childhood, says Alice D. Domar, Ph.D., assistant professor of medicine at Harvard Medical School, senior scientist at the Mind/Body Institute, and author of *Healing Mind, Healthy Woman* (Henry Holt, 1996). Reprogram yourself to say, "I'll do a

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Laughter: It's Good Medicine

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great job today," or "I'm healthy," instead of chastising or pitying yourself.

Help find your voice by getting a better perspective. Ever since watching a friend freak out over a mismatched sofa pillow, Wanda often asks herself what things will mean 10 years from now? "I've let my couch disintegrate and taken a vacation instead."



Skirt anger to live longer. If you start to stew in traffic or in line at the bank, try to redirect your thoughts. Read, mentally plan your next vacation, or listen to music or a book on tape. If all else fails, slow and deepen your breathing, says Redford Williams, M.D., director of the behavioral medicine research center at Duke University and coauthor with Virginia Williams, Ph.D., of *Anger Kills* (Harper Perennial, 1994).

Your risk of having a heart attack is 2.3 times greater if you've been angry two hours earlier, according to a recent study of 1,623 men and women by Deaconess Hospital Institute for the Prevention of Cardiovascular Disease. Heart attacks, researchers found, were triggered by the sudden clumping together of platelets, which happens when the fight-or-flight response kicks in.

Explore your feelings. Sometimes, talking isn't enough to lessen the pain. Studies show that if you write your thoughts down, you not only feel better, but also improve your body's immunity, says James W. Pennebaker, Ph.D., a professor of psychology at Southern Methodist University. On troubled days, he suggests exploring your deepest emotions by writing them down. Don't blame others and then tear the paper up. (It's an exercise to explore feelings, not get even.)

Pennebaker recently found that minor ailments, such as a cold, were half as common among students who wrote about their emotions for 20 minutes each day for four consecutive days than with those who didn't.

Adds Domar, "I could put myself out of business since I told my patients to write in a journal. Often that's all they need because they feel so much better when they're finished."

In a Stanford University study of women with breast cancer, those who took part in a stress reduction and emotional support program lived about 18 months longer than those who didn't take the course.

"If you're very afraid of what your body is doing, the resulting depression, anger, and tension may lower its ability to fight what's going on," Domar says. "To be around others who know exactly how you feel is very powerful because you feel normal."

Visualization, deep breathing, and meditation also can help you feel better. To meditate, sit or lie down in a dark room. Focus on a tranquil word or a phrase as you breathe in and out, disregarding other thoughts for 20 minutes.

Try lightening up your life. Even as he lay dying, playwright Oscar Wilde was able to find some humor. He reportedly quipped: "My wallpaper and I are fighting a duel to the death. One or the other of us has to go."

Hospitals Use Humor to Help Patients Heal

In 1979, after author Norman Cousins was diagnosed with a painful degenerative spine disease, he had to check out of the hospital to find humor.

At a nearby hotel, he inoculated himself with a dose of Marx Brothers and Laurel and Hardy films. He found that 20 minutes of laughter led to two hours of painless sleep. Since Cousins' death in 1990, some hospitals have become places where patients can check in to find laughter.

- Clowns visit patients at New York's Columbia-Presbyterian Medical Center five days a week—and have done so for the past decade.

"The clowns often bring the first smile to a sick child," says John Driscoll, M.D., director of services at Babies' Hospital. "I wish they were here around the clock. If we had the money, they would be."

- Integris Health's Oklahoma City hospital has visiting clowns and a library of humor videos, as well as MIRTH, a 25-bed unit devoted to lightheartedness. Opened last September, it has bright walls and nurses who wear red rubber clown noses.
- Ball Memorial Hospital in Muncie, Indiana, offers books, games, videos, and audiotapes through its Library of Life, Love and Laughter. The library was established when a former hospital administrator realized the benefit of humor during an illness.

SEREVENT: Twice-a-day prevention of asthma symptoms.



"When you have asthma, two puffs twice a day is a lot better than puffing all day long."

SEREVENT is the only *long-acting*, inhaled bronchodilator. SEREVENT is designed to help prevent your asthma symptoms before they start. When used just two puffs, twice a day – morning and evening – approximately 12 hours apart, SEREVENT helps keep air passages open so your breathing remains free and clear. Results compared to fast-acting bronchodilators:

- ***Less chance of waking up in the middle of the night, coughing or wheezing***
- ***Fewer symptoms with exercise***
- ***Fewer episodes of difficult breathing***

With SEREVENT as one part of your treatment program, you may be able to reduce the number of times you have to use your fast-acting bronchodilator and get on with your life with less fear that asthma symptoms might be sneaking up on you.

SEREVENT: What you need to know.



- ***SEREVENT is not a substitute for fast-acting bronchodilators to treat sudden asthma symptoms and should never be taken more than twice a day.*** SEREVENT is a preventive medication that takes longer to be effective. So when sudden asthma symptoms occur, you will still need your fast-acting bronchodilator prescribed by your doctor.
- ***SEREVENT also is not a substitute for medication that controls inflammation in your lungs (inhaled or oral corticosteroids).*** SEREVENT can be a valuable preventive medication, but it is intended to be just one part of your treatment program.
- ***Do not stop or change the dosage of your other asthma medications without talking to your doctor.*** Even if you feel better, any change in dosage or medication could result in your condition worsening. ***Of course, if your condition worsens, contact your doctor immediately.***

Is SEREVENT right for you? Only your doctor can decide.



SEREVENT is available by prescription only and is indicated for patients 12 and older.

The most common side effects caused by SEREVENT are: headache (10%), tremor (3%), and cough (3%). Of course, no medication works unless you are committed to stick with it. So see your doctor about SEREVENT. It can help you control your asthma instead of letting your asthma control you.

For more information and a $5 REBATE certificate, call 1-800-599-1177, ext. 211

SereVent®
(salmeterol xinafoate)
Inhalation Aerosol



Please see important information on the following pages.

GlaxoWellcome

BRIEF SUMMARY

Serevent®
(salmeterol xinafoate)
Inhalation Aerosol

Bronchodilator Aerosol
For Oral Inhalation Only

The following is a brief summary only. Before prescribing, see complete prescribing information in Serevent® Inhalation Aerosol product labeling.

CONTRAINDICATIONS: Serevent® Inhalation Aerosol is contraindicated in patients with a history of hypersensitivity to any of the components.

WARNINGS:
IMPORTANT INFORMATION: SEREVENT® INHALATION AEROSOL SHOULD NOT BE INITIATED IN PATIENTS WITH SIGNIFICANTLY WORSENING OR ACUTELY DETERIORATING ASTHMA, WHICH MAY BE A LIFE-THREATENING CONDITION. Serious acute respiratory events, including fatalities, have been reported, both in the US and worldwide, when Serevent Inhalation Aerosol has been initiated in this situation.

Although it is not possible from these reports to determine whether Serevent Inhalation Aerosol contributed to these adverse events or simply failed to relieve the deteriorating asthma, the use of Serevent Inhalation Aerosol in this setting is inappropriate.

SEREVENT INHALATION AEROSOL SHOULD NOT BE USED TO TREAT ACUTE SYMPTOMS. It is crucial to inform patients of this and prescribe a short-acting, inhaled beta$_2$-agonist for this purpose as well as warn them that increasing inhaled beta$_2$-agonist use is a signal of deteriorating asthma.

SEREVENT INHALATION AEROSOL IS NOT A SUBSTITUTE FOR INHALED OR ORAL CORTICOSTEROIDS. Corticosteroids should not be stopped or reduced when Serevent Inhalation Aerosol is initiated.

(See PRECAUTIONS: Information for Patients and PATIENT'S INSTRUCTIONS FOR USE leaflet.)

1. Do Not Introduce Serevent Inhalation Aerosol as a Treatment for Acutely Deteriorating Asthma: Serevent Inhalation Aerosol is intended for the maintenance treatment of asthma (see INDICATIONS and USAGE section of full prescribing information) and should not be introduced in acutely deteriorating asthma, which is a potentially life-threatening condition. There are no data demonstrating that Serevent Inhalation Aerosol provides greater efficacy than or additional efficacy to short-acting, inhaled beta$_2$-agonists in patients with worsening asthma. Serious acute respiratory events, including fatalities, have been reported, both in the US and worldwide, in patients receiving Serevent Inhalation Aerosol. In most cases, these have occurred in patients with severe asthma (e.g., patients with a history of corticosteroid dependence, low pulmonary function, intubation, mechanical ventilation, frequent hospitalizations, or previous life-threatening acute asthma exacerbations) and/or in some patients in whom asthma has been acutely deteriorating (e.g., unresponsive to usual medications, increasing need for inhaled, short-acting beta$_2$-agonists, increasing need for systemic corticosteroids, significant increase in symptoms, recent emergency room visits, sudden or progressive deterioration in pulmonary function). However, they have occurred in a few patients with less severe asthma as well. It was not possible from these reports to determine whether Serevent Inhalation Aerosol contributed to these events or simply failed to relieve the deteriorating asthma.

2. Do Not Use Serevent Inhalation Aerosol to Treat Acute Symptoms: A short-acting, inhaled beta$_2$-agonist, not Serevent Inhalation Aerosol, should be used to relieve acute asthma symptoms. When prescribing Serevent Inhalation Aerosol, the physician must also provide the patient with a short-acting, inhaled beta$_2$-agonist (e.g., albuterol) for treatment of symptoms that occur acutely, despite regular twice daily (morning and evening) use of Serevent Inhalation Aerosol.

When beginning treatment with Serevent Inhalation Aerosol, patients who have been taking short-acting, inhaled beta$_2$-agonists on a regular basis (e.g., q.i.d.) should be instructed to discontinue the regular use of these drugs and use them only for symptomatic relief if they develop acute asthma symptoms while taking Serevent Inhalation Aerosol (see PRECAUTIONS: Information for Patients).

3. Watch for Increasing Use of Short-Acting, Inhaled Beta$_2$-Agonists, Which Is a Marker of Deteriorating Asthma: Asthma may deteriorate acutely over a period of hours or chronically over several days or longer. If the patient's short-acting, inhaled beta$_2$-agonist becomes less effective or the patient needs more inhalations than usual, this may be a marker of destabilization of asthma. In this setting, the patient requires immediate re-evaluation with reassessment of the treatment regimen, giving special consideration to the possible need for corticosteroids. If the patient uses four or more inhalations per day of a short-acting, inhaled beta$_2$-agonist for 2 or more consecutive days, or if more than one canister (200 inhalations per canister) of short-acting, inhaled beta$_2$-agonist is used in an 8-week period in conjunction with Serevent Inhalation Aerosol, then the patient should consult the physician for re-evaluation. **Increasing the daily dosage of Serevent Inhalation Aerosol in this situation is not appropriate. Serevent Inhalation Aerosol should not be used more frequently than twice daily (morning and evening) at the recommended dose of two inhalations.**

4. Do Not Use Serevent Inhalation Aerosol as a Substitute for Oral or Inhaled Corticosteroids: There are no data demonstrating that Serevent Inhalation Aerosol has a clinical anti-inflammatory effect and could be expected to take the place of, or reduce the dose of, corticosteroids. Patients who already require oral or inhaled corticosteroids for treatment of asthma should be continued on this type of treatment even if they feel better as a result of initiating Serevent Inhalation Aerosol. Any change in corticosteroid dosage should be made ONLY after clinical evaluation (see PRECAUTIONS: Information for Patients).

5. Do Not Exceed Recommended Dosage: As with other inhaled beta$_2$-adrenergic drugs, Serevent Inhalation Aerosol should not be used more often or at higher doses than recommended. Fatalities have been reported in association with excessive use of inhaled sympathomimetic drugs. Large doses of inhaled or oral salmeterol (12 to 20 times the recommended dose) have been associated with clinically significant prolongation of the QT_c interval, which has the potential for producing ventricular arrhythmias.

6. Paradoxical Bronchospasm: As with other inhaled asthma medications, paradoxical bronchospasm (which can be life threatening) has been reported following the use of Serevent® (salmeterol xinafoate) Inhalation Aerosol. If it occurs, treatment with Serevent Inhalation Aerosol should be discontinued immediately and alternative therapy instituted.

7. Immediate Hypersensitivity Reactions: Immediate hypersensitivity reactions may occur after administration of Serevent Inhalation Aerosol, as demonstrated by rare cases of urticaria, angioedema, rash, and bronchospasm.

8. Upper Airway Symptoms: Symptoms of laryngeal spasm, irritation, or swelling, such as stridor and choking, have been reported rarely in patients receiving Serevent Inhalation Aerosol.

PRECAUTIONS:

General: 1. Use with Spacer or Other Devices: The safety and effectiveness of Serevent® Inhalation Aerosol when used with a spacer or other devices have not been adequately studied.

2. Cardiovascular and Other Effects: No effect on the cardiovascular system is usually seen after the administration of inhaled salmeterol in recommended doses, but the cardiovascular and central nervous system effects seen with all sympathomimetic drugs (e.g., increased blood pressure, heart rate, excitement) can occur after use of Serevent Inhalation Aerosol and may require discontinuation of the drug. Salmeterol, like all sympathomimetic amines, should be used with caution in patients with cardiovascular disorders, especially coronary insufficiency, cardiac arrhythmias, and hypertension; in patients with convulsive disorders or thyrotoxicosis; and in patients who are unusually responsive to sympathomimetic amines.

As has been described with other beta-adrenergic agonist bronchodilators, clinically significant changes in systolic and/or diastolic blood pressure, pulse rate, and electrocardiograms have been seen infrequently in individual patients in controlled clinical studies with salmeterol.

3. Metabolic Effects: Doses of the related beta$_2$-adrenoceptor agonist albuterol, when administered intravenously, have been reported to aggravate preexisting diabetes mellitus and ketoacidosis. No effects on glucose have been seen with Serevent Inhalation Aerosol at recommended doses. Administration of beta$_2$-adrenoceptor agonists may cause a decrease in serum potassium, possibly through intracellular shunting, which has the potential to increase the likelihood of arrhythmias. The decrease is usually transient, not requiring supplementation.

Clinically significant changes in blood glucose and/or serum potassium were seen rarely during clinical studies with long-term administration of Serevent Inhalation Aerosol at recommended doses.

Information for Patients: See illustrated Patient's Instructions for Use leaflet. **SHAKE WELL BEFORE USING.**

It is important that patients understand how to use Serevent Inhalation Aerosol appropriately and how it should be used in relation to other asthma medications they are taking. Patients should be given the following information:

1. Shake well before using.
2. The recommended dosage (two inhalations twice daily, morning and evening) should not be exceeded.
3. Serevent Inhalation Aerosol is not meant to relieve acute asthma symptoms and extra doses should not be used for that purpose. Acute symptoms should be treated with a short-acting, inhaled beta$_2$-agonist such as albuterol (the physician should provide the patient with such medication and instruct the patient in how it should be used).
4. The physician should be notified immediately if any of the following situations occur, which may be a sign of seriously worsening asthma.
   - Decreasing effectiveness of short-acting, inhaled beta$_2$-agonists
   - Need for more inhalations than usual of short-acting, inhaled beta$_2$-agonists
   - Use of four or more inhalations per day of a short-acting beta$_2$-agonist for 2 or more days consecutively
   - Use of more than one canister of a short-acting, inhaled beta$_2$-agonist in an 8-week period (i.e., canister with 200 inhalations)
5. Serevent Inhalation Aerosol should not be used as a substitute for oral or inhaled corticosteroids. The dosage of these medications should not be changed and they should not be stopped without consulting the physician, even if the patient feels better after initiating treatment with Serevent Inhalation Aerosol.
6. Patients should be cautioned regarding potential adverse cardiovascular effects, such as palpitations or chest pain, related to the use of additional beta$_2$-agonist.
7. In patients receiving Serevent Inhalation Aerosol, other inhaled medications should be used only as directed by the physician.
8. When using Serevent Inhalation Aerosol to prevent exercise-induced bronchospasm, patients should take the dose at least 30 to 60 minutes before exercise.

Drug Interactions: ***Short-Acting Beta-Agonists:*** In the two 3-month, repetitive-dose clinical trials (n=184), the mean daily need for additional beta$_2$-agonist use was 1 to 1½ inhalations per day, but some patients used more. Eight percent of patients used at least eight inhalations per day at least on one occasion. Six percent used 9 to 12 inhalations at least once. There were 15 patients (8%) who averaged over four inhalations per day. Four of these used an average of 8 to 11 inhalations per day. In these 15 patients there was no observed increase in frequency of cardiovascular adverse events. The safety of concomitant use of more than eight inhalations per day of short-acting beta$_2$-agonists with Serevent Inhalation Aerosol has not been established. In 15 patients who experienced worsening of asthma while receiving Serevent Inhalation Aerosol, nebulized albuterol (one dose in most) led to improvement in FEV_1 and no increase in occurrence of cardiovascular adverse events.

Monoamine Oxidase Inhibitors and Tricyclic Antidepressants: Salmeterol should be administered with extreme caution to patients being treated with monoamine oxidase inhibitors or tricyclic antidepressants because the action of salmeterol on the vascular system may be potentiated by these agents.

Corticosteroids and Cromoglycate: In clinical trials, inhaled corticosteroids and/or inhaled cromolyn sodium did not alter the safety profile of Serevent Inhalation Aerosol when administered concurrently.

Methylxanthines: The concomitant use of intravenously or orally administered methylxanthines (e.g., aminophylline, theophylline) by patients receiving Serevent® (salmeterol xinafoate) Inhalation Aerosol has not been completely evaluated. In one clinical trial, 87 patients receiving Serevent Inhalation Aerosol 42 mcg twice daily concurrently with a theophylline product had adverse event rates similar to those in 71 patients receiving Serevent Inhalation Aerosol without theophylline. Resting heart rates were slightly higher in the patients on theophylline but were little affected by Serevent Inhalation Aerosol therapy.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In an 18-month oral carcinogenicity study in CD mice, salmeterol xinafoate caused a dose-related increase in the incidence of smooth muscle hyperplasia, cystic glandular hyperplasia, and leiomyomas of the uterus and a dose-related increase in the incidence of cysts in the ovaries. A higher incidence of leiomyosarcomas was not statistically significant; tumor findings were observed at oral doses of 1.4 and 10 mg/kg, which gave 9 and 63 times, respectively, the human exposure based on rodent:human AUC comparisons.

Salmeterol caused a dose-related increase in the incidence of mesovarian leiomyomas and ovarian cysts in Sprague Dawley rats in a 24-month inhalation/oral carcinogenicity study. Tumors were observed in rats receiving doses of 0.68 and 2.58 mg/kg per day (about 55 and 215 times the recommended clinical dose [mg/m^2]). These findings in rodents are similar to those reported previously for other beta-adrenergic agonist drugs. The relevance of these findings to human use is unknown.

No significant effects occurred in mice at 0.2 mg/kg (1.3 times the recommended clinical dose based on comparisons of the AUCs) and in rats at 0.21 mg/kg (15 times the recommended clinical dose on a mg/m^2 basis).

Salmeterol xinafoate produced no detectable or reproducible increases in microbial and mammalian gene mutation *in vitro*. No blastogenic activity occurred *in vitro* in human lymphocytes or *in vivo* in a rat micronucleus test. No effects on fertility were identified in male and female rats treated orally with salmeterol xinafoate at doses up to 2 mg/kg orally (about 160 times the recommended clinical dose on a mg/m^2 basis).

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** No significant effects of maternal exposure to oral salmeterol xinafoate occurred in the rat at doses up to the equivalent of about 160 times the recommended clinical dose on a mg/m^2 basis. Dutch rabbit fetuses exposed to salmeterol xinafoate *in utero* exhibited effects characteristically resulting from beta-adrenoceptor stimulation; these included precocious eyelid openings, cleft palate, sternebral fusion, limb and paw flexures, and delayed ossification of the frontal cranial bones. No significant effects occurred at 0.6 mg/kg given orally (12 times the recommended clinical dose based on comparison of the AUCs).

New Zealand White rabbits were less sensitive since only delayed ossification of the frontal bones was seen at 10 mg/kg given orally (approximately 1,600 times the recommended clinical dose on a mg/m^2 basis). Extensive use of other beta-agonists has provided no evidence that these class effects in animals are relevant to use in humans. There are no adequate and well-controlled studies with Serevent Inhalation Aerosol in pregnant women. Serevent Inhalation Aerosol should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Use in Labor and Delivery: There are no well-controlled human studies that have investigated effects of salmeterol on preterm labor or labor at term. Because of the potential for beta-agonist interference with uterine contractility, use of Serevent Inhalation Aerosol during labor should be restricted to those patients in whom the benefits clearly outweigh the risks.

Nursing Mothers: Plasma levels of salmeterol after inhaled therapeutic doses are very low (85 to 200 pg/mL) in humans. In lactating rats dosed with radiolabeled salmeterol, levels of radioactivity were similar in plasma and milk. In rats, concentrations of salmeterol in plasma and milk were similar. The xinafoate moiety is also transferred to milk in rats at concentrations of about half the corresponding level in plasma. However, since there is no experience with use of Serevent Inhalation Aerosol by nursing mothers, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when salmeterol xinafoate is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of Serevent Inhalation Aerosol in children younger than 12 years of age have not been established.

Geriatric Use: Of the total number of patients who received Serevent Inhalation Aerosol in all clinical studies, 241 were 65 years and older. Geriatric patients (65 years and older) with reversible obstructive airway disease were evaluated in four well-controlled studies of 3 weeks' to 3 months' duration. Two placebo-controlled, crossover studies evaluated twice-daily dosing with salmeterol for 21 to 28 days in 45 patients. An additional 75 geriatric patients were treated with salmeterol for 3 months in two large parallel-group, multicenter studies. These 120 patients experienced increases in AM and PM peak expiratory flow rate and decreases in diurnal variation in peak expiratory flow rate similar to responses seen in the total populations of the two latter studies. The adverse event type and frequency in geriatric patients were not different from those of the total populations studied.

No apparent differences in the efficacy and safety of Serevent Inhalation Aerosol were observed when geriatric patients were compared with younger patients in clinical trials. As with other beta$_2$-agonists, however, special caution should be observed when using Serevent Inhalation Aerosol in elderly patients who have concomitant cardiovascular disease that could be adversely affected by this class of drug. Based on available data, no adjustment of salmeterol dosage in geriatric patients is warranted.

ADVERSE REACTIONS: Adverse reactions to salmeterol are similar in nature to reactions to other selective beta$_2$-adrenoceptor agonists, i.e., tachycardia; palpitations; immediate hypersensitivity reactions, including urticaria, angioedema, rash, bronchospasm (see WARNINGS); headache; tremor; nervousness; and paradoxical bronchospasm (see WARNINGS).

Two multicenter, 12-week, controlled studies have evaluated twice-daily doses of Serevent® Inhalation Aerosol in patients 12 years of age and older with asthma. The following table reports the incidence of adverse events in these two studies.

Adverse Experience Incidence in Two Large 12-Week Clinical Trials*

Adverse Event Type	Percent of Patients		
	Placebo n=187	Serevent 42 mcg b.i.d. n=184	Albuterol 180 mcg q.i.d. n=185
Ear, nose, and throat			
Upper respiratory tract infection	13	14	16*
Nasopharyngitis	12	14	11
Disease of nasal cavity/sinus	4	6	1
Sinus headache	2	4	<1
Gastrointestinal			
Stomachache	0	4	0
Neurological			
Headache	23	28	27
Tremor	2	4	3
Respiratory			
Cough	6	7	3
Lower respiratory infection	2	4	2

* The only adverse experience classified as serious was one case of upper respiratory tract infection in a patient treated with albuterol.

The table above includes all events (whether considered drug related or nondrug related by the investigator) that occurred at a rate of over 3% in the Serevent® (salmeterol xinafoate) Inhalation Aerosol treatment group and were more common in the Serevent Inhalation Aerosol group than in the placebo group.

Pharyngitis, allergic rhinitis, dizziness/giddiness, and influenza occurred at 3% or more but were equally common on placebo. Other events occurring in the Serevent® Inhalation Aerosol treatment group at a frequency of 1% to 3% were as follows:

Cardiovascular: Tachycardia, palpitations.

Ear, Nose, and Throat: Rhinitis, laryngitis.

Gastrointestinal: Nausea, viral gastroenteritis, nausea and vomiting, diarrhea, abdominal pain.

Hypersensitivity: Urticaria.

Mouth and Teeth: Dental pain.

Musculoskeletal: Pain in joint, back pain, muscle cramp/contraction, myalgia/myositis, muscular soreness.

Neurological: Nervousness, malaise/fatigue.

Respiratory: Tracheitis/bronchitis.

Skin: Rash/skin eruption.

Urogenital: Dysmenorrhea.

In small dose-response studies, tremor, nervousness, and palpitations appeared to be dose related.

Postmarketing Experience: In extensive US and worldwide postmarketing experience, serious exacerbations of asthma, including some that have been fatal, have been reported. In most cases, these have occurred in patients with severe asthma and/or in some patients in whom asthma has been acutely deteriorating (see WARNINGS no. 1), but they have occurred in a few patients with less severe asthma as well. It was not possible from these reports to determine whether Serevent Inhalation Aerosol contributed to these events or simply failed to relieve the deteriorating asthma.

Postmarketing experience includes rare reports of upper airway symptoms of laryngeal spasm, irritation, or swelling, such as stridor and choking. Hypertension and arrhythmias have been reported.

OVERDOSAGE: Overdosage with salmeterol may be expected to result in exaggeration of the pharmacologic adverse effects associated with beta-adrenoceptor agonists, including tachycardia and/or arrhythmia, tremor, headache, and muscle cramps. Overdosage with salmeterol can lead to clinically significant prolongation of the QT_C interval, which can produce ventricular arrhythmias. Other signs of overdosage may include hypokalemia and hyperglycemia.

In these cases, therapy with Serevent® Inhalation Aerosol and all beta-adrenergic-stimulant drugs should be stopped, supportive therapy provided, and judicious use of a beta-adrenergic blocking agent should be considered, bearing in mind the possibility that such agents can produce bronchospasm. Cardiac monitoring is recommended in cases of overdosage.

As with all sympathomimetic pressurized aerosol medications, cardiac arrest and even death may be associated with abuse of Serevent Inhalation Aerosol.

Rats and dogs survived the maximum practicable inhalation doses of salmeterol of 2.9 and 0.7 mg/kg, respectively. The maximum nonlethal oral doses in mice and rats were approximately 150 mg/kg and >1,000 mg/kg, respectively.

Dialysis is not appropriate treatment for overdosage of Serevent Inhalation Aerosol.

GlaxoWellcome

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Research Triangle Park, NC 27709

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Break the Link Between Back Pain and Golf



This spring, give your golf game some respect, and your body may thank you.

"Recreational golfers usually don't consider golf a sport, and they don't condition and stretch for it," says Betsy Voyles, P.T., who teaches a golf wellness program in Chicago. Most injuries occur on holes 1 through 4 because golfers don't warm up properly, and on holes 15 through 18 because of fatigue.

Voyles advises arriving at least 20 minutes before tee time to stretch. "Most of us begin with a couple of bad rotations and then we are off. Full-body rotation should be the last thing we do." At the very least, she suggests doing these three stretches before the first tee.

Side stretch. Stand with your arms above your head, holding a golf club in your hands. Slowly bend to the right and take two deep breaths. Then bend to the left and hold for two deep breaths.

Calf stretch. Place both hands against a tree at chest level and stand arm's length away. Keeping your right foot on the ground and the leg slightly bent, move your left foot behind. Press the left heel to the ground until you feel a stretch in your left calf. Alternate legs and repeat.

Trunk and upper body stretch. Hold a club behind your neck, keeping your head and neck straight. Keep your knees slightly bent. Rotate slowly to the right. Hold your position 10 to 20 seconds. Then rotate slowly to the left. Hold your position 10 to 20 seconds. Repeat two to three times.

A PITCH FOR FITNESS

It can't get much easier to start your fitness program this spring. Simply write for a free copy of the Nolan Ryan Fitness Guide.

This 28-page booklet does everything for you but lace up your sneakers. In short-but-thorough chapters, the baseball legend explains how to overcome barriers to regular exercise. The guide has practical solutions for people who don't know where to start or who are bored with their current workout.

An assessment chapter helps determine your fitness level and offers a checklist for exercising safely. There are sections on aerobics, weight training, stretching, and sports injuries. Write to: The Advil Forum on Health Education, Attn: Dept. SG, 1500 Broadway, 25th Floor, New York, NY 10036.

Do Wrist Guards Protect?

There's some troubling news for the in-line skater who has everything in protective gear. Those wrist guards you faithfully strap on may not prevent fractures after all.

Thomas Jefferson University researchers put wrist guards on one forearm of each of 20 cadavers; the other arm was guard-free. Then they applied bone-crushing force to all 40 arms to see if the wrist guards offered protection. The result: protection was minimal. The guarded forearms snapped under a force almost identical to the force needed to break the unguarded forearms. There also was no difference between the groups in fracture patterns.

"If you are wearing wrist guards to prevent scrapes and abrasions, fine, but the guards don't protect you from breaking your wrist," says Frank Giacobetti, M.D., who conducted the study.

Dr. Giacobetti is working with manufacturers to improve wrist-guard designs. He adds, however, that the best protection against injury is plenty of practice until you are agile and skilled on skates at all speeds. Learn the basics of the sport, especially how to stop properly. Avoid skating in crowded walkways. And if you feel you are going to fall, try falling on your side, not straight ahead on outstretched hands.

continued on page 86

"SPORANOX®
(itraconazole) Capsules
KICKED
MY TOENAIL FUNGUS!"

–D.W., Kansas

ASK YOUR DOCTOR FOR SPORANOX.

SPORANOX has been proven successful in kicking nail fungus.

- Take SPORANOX treatment orally for just 3 months, and you may see a visible difference
- Soon after you stop taking SPORANOX, you may notice that the new nail growing in appears normal. Since nails need time to grow, you should expect it to be several months before healthy, new nails grow in
- So now you can join others who gave thick, yellowing, brittle nails the boot, and start growing fresh, new nails!

IF YOU THINK YOU HAVE TOENAIL FUNGUS, ASK YOUR DOCTOR OR OTHER HEALTHCARE PROFESSIONAL, OR CALL

1-800-595-NAILS ext. 260
AND GET YOUR FREE SPORANOX "KICK-IT KIT."

What you should know about the safety of SPORANOX: SPORANOX has been well tolerated in patients. In clinical trials involving patients with thick, hard, yellowish, and/or brittle nails (onychomycosis), the following adverse effects led to either a temporary or a permanent discontinuation of treatment: elevated liver enzymes (4%), gastrointestinal disorders (4%), and rash (3%). WARNING: SPORANOX must not be taken with terfenadine (Seldane®), astemizole (Hismanal®), cisapride (Propulsid®), or oral triazolam (Halcion®). In rare instances, there were reports of elevated liver enzymes and hepatitis. If you feel unusually tired or sick to your stomach, have flulike symptoms, or notice that your skin is yellowish, or if you have dark urine or pale stools, stop taking SPORANOX and notify your doctor immediately. If you're pregnant or considering pregnancy, you should not take SPORANOX. Take SPORANOX only as directed by your doctor, and report any adverse effects to your doctor as soon as possible.



TOENAIL WITH FUNGUS.

world leader in antifungal research

JANSSEN PHARMACEUTICA RESEARCH FOUNDATION

Titusville, NJ 08560-0200

100 mg
sporanox®
(itraconazole) Capsules
1-800-595-NAILS ext. 260

Please see important precautionary information on adjacent page.

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100 mg sporanox® (itraconazole capsules)

Before prescribing, please consult complete prescribing information of which the following is a brief summary.

WARNING: Coadministration of terfenadine with itraconazole is contraindicated. Serious cardiovascular adverse events, including death, ventricular tachycardia, and torsades de pointes have occurred in patients taking itraconazole concomitantly with terfenadine. This is due to elevated terfenadine concentrations caused by itraconazole. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS sections.

Another oral azole antifungal, ketoconazole, inhibits the metabolism of astemizole, resulting in elevated plasma concentrations of astemizole and its active metabolite desmethylastemizole, which may prolong QT intervals. Based on results of an *in vitro* study and the chemical resemblance of itraconazole and ketoconazole, coadministration of astemizole and itraconazole is contraindicated. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS sections.

Coadministration of cisapride with itraconazole is contraindicated. Serious cardiovascular adverse events including death, ventricular tachycardia, and torsades de pointes have occurred in patients taking itraconazole concomitantly with cisapride. See CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS sections.

INDICATIONS AND USAGE

SPORANOX (itraconazole capsules) is indicated for the treatment of the following fungal infections in immunocompromised and non-immunocompromised patients:

1. Blastomycosis, pulmonary and extrapulmonary.
2. Histoplasmosis, including chronic cavitary pulmonary disease and disseminated, non-meningeal histoplasmosis.
3. Aspergillosis, pulmonary and extrapulmonary, in patients who are intolerant of or who are refractory to amphotericin B therapy; and
4. Onychomycosis due to dermatophytes (tinea unguium) of the toenail with or without fingernail involvement

CONTRAINDICATIONS

Coadministration of terfenadine, astemizole or cisapride with SPORANOX (itraconazole capsules) is contraindicated. (See BOX WARNING, WARNINGS, and PRECAUTIONS sections.)

Concomitant administration of SPORANOX with oral triazolam or with oral midazolam is contraindicated. (See PRECAUTIONS section.)

SPORANOX should not be administered for the treatment of onychomycosis to pregnant patients or to women contemplating pregnancy.

SPORANOX is contraindicated in patients who have shown hypersensitivity to the drug or its excipients. There is no information regarding cross hypersensitivity between itraconazole and other azole antifungal agents. Caution should be used in prescribing SPORANOX to patients with hypersensitivity to other azoles.

WARNINGS

In U.S. clinical trials prior to marketing, there have been three cases of reversible idiosyncratic hepatitis reported among more than 2500 patients taking SPORANOX (itraconazole capsules). One patient outside the U.S. developed fulminant hepatitis and died during SPORANOX administration. Since this patient was on multiple medications, the causal association with SPORANOX is uncertain. If clinical signs and symptoms consistent with liver disease develop that may be attributable to itraconazole, SPORANOX should be discontinued.

Prior to U.S. marketing, there have been three cases of life-threatening cardiac dysrhythmias and one death reported in patients receiving terfenadine and itraconazole. (See BOX WARNING, CONTRAINDICATIONS, and PRECAUTIONS sections.)

Coadministration of astemizole with SPORANOX is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and PRECAUTIONS sections.)

Concomitant administration of oral ketoconazole with cisapride has resulted in markedly elevated cisapride plasma concentrations, prolonged QT intervals, and has rarely been associated with ventricular arrhythmias and torsades de pointes. Due to potent *in vitro* inhibition of the hepatic enzyme system mainly responsible for the metabolism of cisapride (cytochrome P450 3A4), itraconazole is also expected to markedly raise cisapride plasma concentrations; therefore, concomitant use of cisapride with SPORANOX is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and PRECAUTIONS sections.)

PRECAUTIONS

General: Hepatic enzyme test values should be monitored in patients with preexisting hepatic function abnormalities. Hepatic enzyme test values should be monitored periodically in all patients receiving continuous treatment for more than one month or at any time a patient develops signs or symptoms suggestive of liver dysfunction.

SPORANOX (itraconazole capsules) should be administered after a full meal.

Under fasted conditions, itraconazole absorption was decreased in the presence of decreased gastric acidity. The absorption of itraconazole may be decreased with the concomitant administration of antacids or gastric acid secretion suppressors. Studies conducted under fasted conditions demonstrated that administration with 8 ounces of a cola beverage resulted in increased absorption of itraconazole in AIDS patients with relative or absolute achlorhydria. This increase relative to the effects of a full meal is unknown.

Information for patients: Patients should be instructed to take SPORANOX with a full meal.

Patients should be instructed to report any signs and symptoms that may suggest liver dysfunction so that the appropriate laboratory testing can be done. Such signs and symptoms may include unusual fatigue, anorexia, nausea and/or vomiting, jaundice, dark urine or pale stool.

Drug interactions: Both itraconazole and its major metabolite, hydroxyitraconazole, are inhibitors of the cytochrome P450 3A4 enzyme system. Coadministration of SPORANOX and drugs primarily metabolized by the cytochrome P450 3A4 enzyme system may result in increased plasma concentrations of the drugs that could increase or prolong both therapeutic and adverse effects. Therefore, unless otherwise specified, appropriate dosage adjustments may be necessary.

Coadministration of terfenadine with SPORANOX has led to elevated plasma concentrations of terfenadine, resulting in rare instances of life-threatening cardiac dysrhythmias and one death. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS sections.)

Another oral azole antifungal, ketoconazole, inhibits the metabolism of astemizole, resulting in elevated plasma concentrations of astemizole and its active metabolite desmethylastemizole which may prolong QT intervals. *In vitro* data suggest that itraconazole, when compared to ketoconazole has a less pronounced effect on the biotransformation system responsible for the metabolism of astemizole. Based on the chemical resemblance of itraconazole and ketoconazole, coadministration of astemizole with itraconazole is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS sections.)

Human pharmacokinetics data indicate that oral ketoconazole potently inhibits the metabolism of cisapride resulting in an eight-fold increase in the mean AUC of cisapride. Data suggest that coadministration of oral ketoconazole and cisapride can result in prolongation of the QT interval on the ECG. *In vitro* data suggest that itraconazole also markedly inhibits the biotransformation system mainly responsible for the metabolism of cisapride; therefore concomitant administration of SPORANOX with cisapride is contraindicated. (See BOX WARNING, CONTRAINDICATIONS, and WARNINGS sections.)

Coadministration of SPORANOX with oral midazolam or triazolam has resulted in elevated plasma concentrations of the latter two drugs. Thus may potentiate and prolong hypnotic and sedative effects. These agents should not be used in patients treated with SPORANOX. If midazolam is administered parenterally, special precaution is required since the sedative effect may be prolonged. (See CONTRAINDICATIONS section.)

Coadministration of SPORANOX and cyclosporine, tacrolimus or digoxin has led to increased plasma concentrations of the latter three drugs. Cyclosporine, tacrolimus and digoxin concentrations should be monitored at the initiation of SPORANOX therapy and frequently thereafter, and the dose of these three drug products adjusted appropriately.

There have been rare reports of rhabdomyolysis involving renal transplant patients receiving the combination of SPORANOX, cyclosporine, and the HMG-CoA reductase inhibitors lovastatin or simvastatin. Rhabdomyolysis has been observed in patients receiving HMG-CoA reductase inhibitors administered alone (at recommended dosages) or concomitantly with immunosuppressive drugs including cyclosporine.

When SPORANOX was coadministered with phenytoin, rifampin, or H_2 antagonists, reduced plasma concentrations of itraconazole were reported. The physician is advised to monitor the plasma concentrations of itraconazole when any of these drugs is taken concurrently, and to increase the dose of SPORANOX if necessary. Although no studies have been conducted, concomitant administration of SPORANOX and phenytoin may alter the metabolism of phenytoin, therefore, plasma concentrations of phenytoin should also be monitored when it is given concurrently with SPORANOX.

It has been reported that SPORANOX enhances the anticoagulant effect of coumarin-like drugs. Therefore, prothrombin time should be carefully monitored in patients receiving SPORANOX and coumarin-like drugs simultaneously.

Plasma concentrations of azole antifungal agents are reduced when given concurrently with isoniazid. Itraconazole plasma concentrations should be monitored when SPORANOX and isoniazid are coadministered.

Severe hypoglycemia has been reported in patients concomitantly receiving azole antifungal agents and oral hypoglycemic agents. Blood glucose concentrations should be carefully monitored when SPORANOX and oral hypoglycemic agents are coadministered.

Tinnitus and decreased hearing have been reported in patients concomitantly receiving SPORANOX and quinidine. Edema has been reported in patients concomitantly receiving SPORANOX and dihydropyridine calcium channel blockers. Appropriate dosage adjustments may be necessary.

The results from a study in which eight HIV-infected individuals were treated with zidovudine, 8 ± 0.4 mg/kg/day, showed that the pharmacokinetics of zidovudine were not affected during concomitant administration of SPORANOX, 100 mg b.i.d.

Carcinogenesis, Mutagenesis and Impairment of Fertility: Itraconazole showed no evidence of carcinogenicity potential in mice treated orally for 21 months at dosage levels up to 80 mg/kg/day (approximately 10x the maximum recommended human dose (MRHD)). Male rats treated with 25 mg/kg/day (3.2x MRHD) had a slightly increased incidence of soft tissue sarcoma. These sarcomas may have been a consequence of hypercholesterolemia, which is a response of rats, but not dogs or humans, to chronic itraconazole administration. Female rats treated with 50 mg/kg/day (6.25x MRHD) had an increased incidence of squamous cell carcinoma of the lung (2/50) as compared to the untreated. Although the occurrence of squamous cell carcinoma in the lung is extremely uncommon in untreated rats, the increase in this study is statistically significant.

Itraconazole produced no mutagenic effects when assayed in appropriate bacterial, non-mammalian and mammalian test systems.

Itraconazole did not affect the fertility of male or female rats treated orally with dosage levels of up to 40 mg/kg/day (5x MRHD) even parental toxicity was present at this dosage level. More severe signs of parental toxicity, including death, were present in the next high level, 160 mg/kg/day (20x MRHD).

Pregnancy: Teratogenic Effects. Pregnancy Category C: Itraconazole was found to cause a dose-related increase in maternal embryotoxicity and teratogenicity in rats at dosage levels of approximately 40-160 mg/kg/day (5-20x MRHD) and in mice at dosages approximately 80 mg/kg/day (10x MRHD). In rats, the teratogenicity consisted of major skeletal defects; in mice it consisted of encephalocele and/or macroglossia.

There are no studies in pregnant women. SPORANOX should be used for the treatment of systemic fungal infections in pregnancy only if the benefit outweighs the potential risk. SPORANOX should not be administered for the treatment of onychomycosis to pregnant patients or women contemplating pregnancy. SPORANOX should not be administered to women of child-bearing potential for the treatment of onychomycosis unless they are taking effective measures to prevent pregnancy and the patient begins therapy on the second or third day of the next normal menstrual period. Effective contraception should be continued throughout SPORANOX therapy and for 2 months after treatment.

Nursing Mothers: Itraconazole is excreted in human milk; therefore, SPORANOX should not be administered to nursing women.

Pediatric Use: The efficacy and safety of SPORANOX have not been established in pediatric patients. No pharmacokinetic data are available in children. A small number of patients age 3 to 16 years have been treated with 100 mg/day of itraconazole for systemic fungal infection without serious unexpected adverse effects have been reported.

In three toxicology studies using rats, itraconazole induced bone defects at dosage levels as low as 20 mg/kg/day (2.5x MRHD). The bone defects included reduced bone plate activity, thinning of the zona compacta of the large bones and increased bone fragility. At a dosage level of 160 mg/kg/day (10x MRHD) over one year or 160 mg/kg/day (20x MRHD) for six months, itraconazole induced small tooth pulp with hyperplasia appearance in some rats.

While no such bone toxicity has been reported in adult patients, the long term effect of itraconazole in pediatric patients is unknown.

HIV-infected Patients: Because hypochlorhydria has been reported in HIV-infected individuals, the absorption of itraconazole in these patients may be decreased.

The results from a study in which eight HIV-infected individuals were treated with zidovudine, 8 ± 0.4 mg/kg/day, showed that the pharmacokinetics of zidovudine were not affected during concomitant administration of SPORANOX, 100 mg b.i.d.

ADVERSE REACTIONS

In U.S. clinical trials prior to marketing, there have been three cases of reversible idiosyncratic hepatitis reported among more than 2500 patients. One patient outside the U.S. developed fulminant hepatitis and died during SPORANOX (itraconazole capsules) administration. Because this patient was on multiple medications, the causal association with SPORANOX is uncertain. (See WARNINGS section.)

ONYCHOMYCOSIS

Adverse events in the following table led to either temporary or permanent discontinuation of treatment:

Body System/Adverse Event	Incidence (%) (n=112)
Elevated Liver Enzymes (>2x normal range)	4%
Gastrointestinal Disorders	4%
Rash	3%
Hypertension	2%
Orthostatic Hypotension	1%
Headache	1%
Malaise	1%
Myalgia	1%
Vasculitis	1%
Vertigo	1%

SYSTEMIC FUNGAL INFECTIONS

Adverse experience data in the following table are derived from 602 patients treated for systemic fungal disease in U.S. clinical trials, who were immunocompromised or receiving multiple concomitant medications. Of these patients, treatment was discontinued in 10.5% of patients due to adverse events. The median duration before discontinuation of therapy was 81 days, with a range of 2-776 days. The table lists adverse events reported by at least 1% of patients.

Body System/Adverse Event (Incidence ≥ 1%)	Incidence (%)
Gastrointestinal Disorders	
Nausea	10.6
Vomiting	5.1
Diarrhea	3.3
Abdominal Pain	1.5
Anorexia	1.2
Body as a Whole	
Edema	3.5
Fatigue	2.8
Fever	2.5
Malaise	1.2
Skin and Appendages	
Rash	8.6*
Pruritus	2.5
Central and Peripheral Nervous System	
Headache	3.8
Dizziness	1.7
Psychiatric Disorders	
Libido decreased	1.2
Somnolence	1.2
Cardiovascular Disorders	
Hypertension	3.2
Metabolic and Nutritional Disorders	
Hypokalemia	2.0
Urinary System Disorders	
Albuminuria	1.2
Liver and Biliary System Disorders	
Hepatic function abnormal	2.7
Reproductive Disorders, Male	
Impotence	1.2

*Rash tends to occur more frequently in immunocompromised patients receiving immunosuppressive medications.

Adverse events infrequently reported in all studies included: constipation, gastritis, depression, insomnia, tinnitus, menstrual disorder, adrenal insufficiency, gynecomastia and male breast pain.

In worldwide postmarketing experience with SPORANOX, allergic reactions including rash, pruritus, urticaria, angioedema and in rare instances anaphylaxis and Stevens-Johnson syndrome, have been reported. Marketing experiences have also included reports of elevated liver enzymes, rare hepatitis. Although the causal association with SPORANOX is uncertain, rare hypertriglyceridemia and isolated cases of neuropathy have also been reported.

OVERDOSAGE

Itraconazole is not removed by dialysis. In the event of accidental overdosage, supportive measures, including gastric lavage with sodium bicarbonate, should be employed.

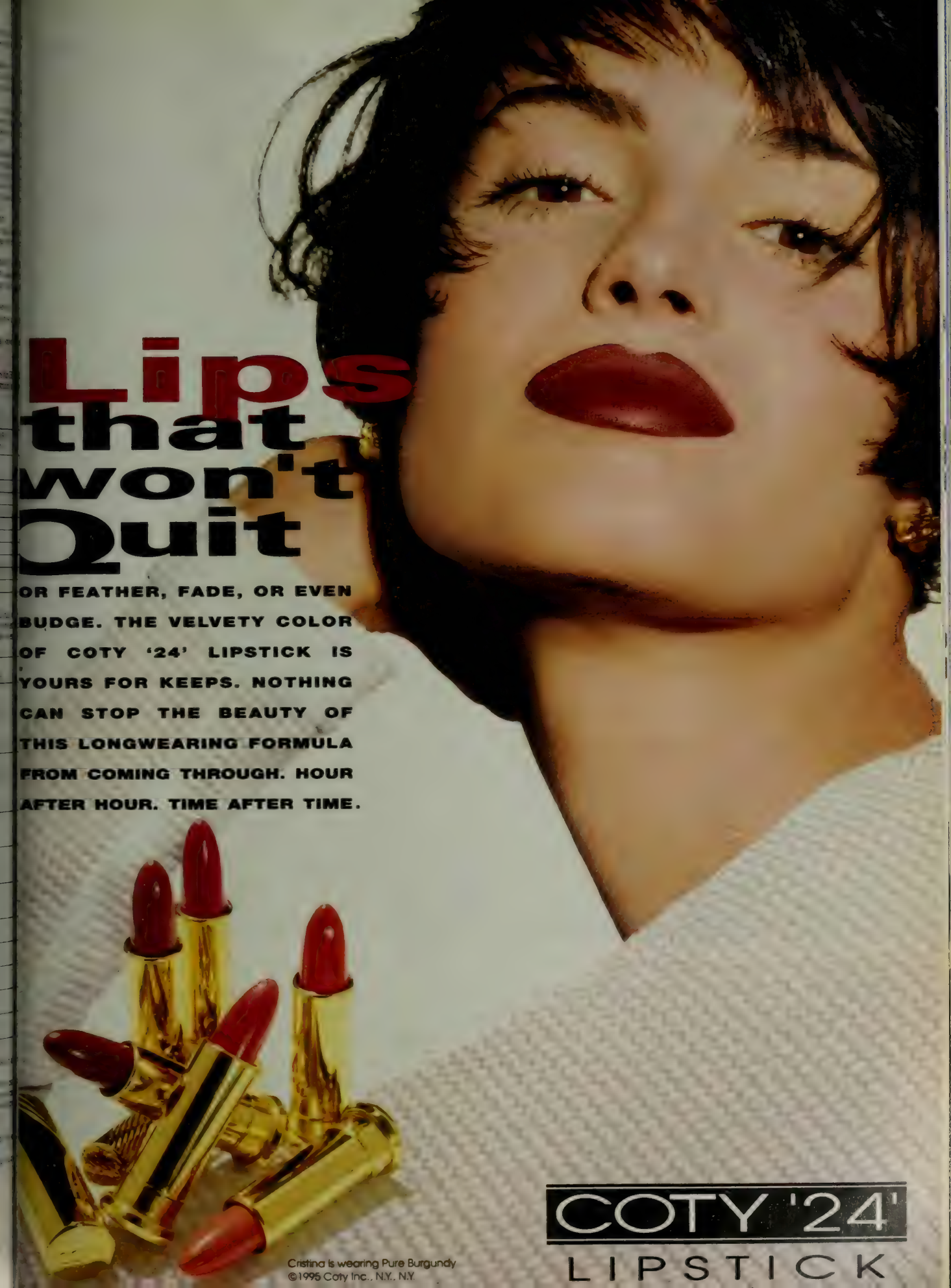
No significant lethality was observed when itraconazole was administered orally to mice and rats at dosage levels of 320 mg/kg or to dogs at 200 mg/kg.

Rev. April 1995, September 1995

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continued from page 80



Qualms About Muscle Balms

When it comes to soothing sore muscles, sports balms are a bust.

"The heat generated during the process of applying it probably helps more than the cream itself," says Lon Castle, M.D., an instructor at Baylor College of Medicine in Houston.

The balm's heating effect, caused by menthol compounds, reaches the skin, but does not penetrate any deeper, says Dr. Castle. "Menthol increases blood flow to the skin but does not help in healing the muscles," he says.

Instead of balms, Dr. Castle recommends icing an injured muscle for 15 to 20 minutes. Then remove the ice for 30 minutes, and reapply it for another 15 to 20 minutes. The next morning apply heat for 15 minutes, then repeat the icing routine at night. Do this a.m.-heat and p.m.-ice routine for two to three days and aching muscles should start to feel better.

EXERCISE PERKS UP PEOPLE WITH HIV

Exercise won't cure HIV, but research shows regular workouts are an antidote for the depression that often follows an HIV-positive diagnosis.

Barbara Smith, Ph.D., R.N., a nurse and exercise physiologist at Ohio State University, used psychological testing to measure depression, anger, and fatigue in two groups of HIV-positive men and women. Over a 12-week period, one group didn't exercise while the other group lifted weights and did aerobic exercise for 1 to 1½ hours a day, three days a week.

Preliminary results showed little change in the control group. However, the exercise group had less anger and fatigue, and the group's depression decreased by half. Exercise did not, however, have an effect on the immune systems of the exercising HIV patients. Moderation is always the key, she says; even in healthy populations, intense exercise temporarily suppresses the immune system.

"HIV patients are learning they may live a long time," says Smith. "They have to learn to deal with it, and here's another tool to do just that."

Teen Athletes: Feed 'em!

Adolescents experience a growth rate second only to that of infants.

A typical 10-year-old requires a minimum of 2,000 calories a day while 15- to 18-year-old boys require 3,000 calories a day. Add sports to the mix and you have one hungry teenager, says Gail Allen, P.N.P., a pediatric nurse practitioner in Chester, Virginia.

To be sure your teenage athlete isn't running on empty before practice or a game, Allen offers a few reminders:

- Allow for healthy snacks—not junk food—to pack in all those extra calories. Remember, 50 to 60 percent of calories should be from carbohydrates, 15 to 25 percent from fat, and the rest from protein.
- Don't forget fluids. Dehydration can limit performance, and thirst is not a reliable indicator of when to drink. An hour or two before exercise, children should drink 12 ounces of cold water, and then another 10 ounces about 15 minutes before the



activity. During exercise, teens should drink 3–4 ounces every 15 minutes. Afterwards, they should drink 16 ounces of water for every pound of weight loss.

- Know that special pregame meals don't do much for overall athletic performance. A meal eaten two to three hours before a game won't be the primary energy source needed for immediate exercise.

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Teatime Remedies

by David Feder, R.D.



Tea is back. Well, tea never actually left—it's still the most popular drink in the world. Consumed in record amounts, tea is now riding the coattails of the espresso boom into the limelight in the United States. Aiding its popularity is its perception as a healthful beverage. Often "prescribed" for illnesses such as headaches, premenstrual tension, colds, and flu, scientific research does, in fact, show that tea contains elements which may make it a disease fighter.

Tea and the health connection. Enjoyed for thousands of years, tea has always played a key role in medicinal folklore. Scientists now know tea contains disease-fighting compounds called phytochemicals. (*See* "Foods with 'Phyte,' " *Better Homes and Gardens*®, February 1997, *page 76.*) The phytochemicals in tea may reduce the risk of cancer of the stomach, esophagus, breast, pancreas, and lungs. Tea may even help lower blood pressure and reduce heart disease.

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TEA, OR NOT TEA

Hot herbal drinks are commonly called "tea," but only drinks from the *Camellia sinensis* plant are truly "tea." As occasional beverages, there's no problem with the majority of herbal drinks. But, if used daily or taken in excess concentrations, some could turn harmful.

Herbal safety. Many herbal drinks are probably safe. But some could trigger allergic or other adverse reactions. For example, chamomile and echinacea are both related to ragweed. This doesn't mean everyone should avoid these drinks, but if you have plant sensitivities, these or similar preparations could set them off.

Approach with caution. Drinks from plants such as ephedra (also called *ma huang*) contain the stimulant ephedrine. If consumed in large amounts or on a continual basis (for example, as a diet aid or for increased stamina), they could pose a danger.

These, and other herbals, have been known to cause symptoms ranging from mild discomfort and flushing to erratic heartbeat, respiratory distress, and, in extreme cases, death. Dr. Varro Tyler, professor emeritus of pharmacognasy at Purdue University in Indiana, points out that there is little, if any, scientific evidence these products are effective weight reducers. He stresses, however, that when used sensibly, most herbal beverages are completely harmless for an average, healthy adult.

continued on page 90



100% pure Florida orange juice. It contains folic acid, the B vitamin the March of Dimes says may help reduce the risk of certain birth defects. And making orange juice part of your daily lifestyle is a way to be sure you're getting the folic acid you need. So before you think about having a baby, think about this: **ARE YOU DRINKING ENOUGH?**

March of Dimes
WalkAmerica

Teatime Remedies *continued from page 88*

Enjoying tea. There are only three kinds of true tea: Green, black, and oolong. The difference between them is in the processing. With green tea the leaves are steamed right after plucking. Black and oolong tea leaves are crushed and dried after plucking. (Orange pekoe, the most popular tea in America, is actually a black tea.)

Tea can be enjoyed in nontraditional ways without forfeiting any health benefits related to it. You can use it in cooking, where it imparts flavor to soups and sauces. Strong tea, like Darjeeling, or smoky tea, such as Lapsang Souchong, enhances soups or chilis when used in place of broth. Earl Grey tea is a black tea with a pronounced lavender flavor. It can be used as an ingredient in everything from cakes to custards. Green tea adds a sublime note to sweet desserts, especially ice creams. You can also make iced teas with different types of tea, or add herbs and spices, such as mint, jasmine, clove, or cinnamon.

How much tea should you drink? According to Dr. John Weisburger, director emeritus and leading researcher in tea and health at the American Health Foundation, there's no set amount of tea you should drink. As he explains, the greatest health benefit of tea is derived from its antioxidants and other phytochemicals. These useful compounds have no established recommended dietary amounts, but Dr. Weisburger says that 2 to 5 cups of tea provide the phytochemical "equivalent" of 1 to 2 servings of vegetables. (Fruits and vegetables are the primary source of phytochemicals.)

Of course, tea is no substitute for fresh fruits and vegetables. Plain tea has no calories and is not an alternative for food. Also, where research originally suggested that green tea and black tea have different anticancer effects, newer studies show no such difference between them, even when they are in the form of instant tea.

What about caffeine? Although the jury is still out about possible negative effects of caffeine, a cup of strong brewed black, orange, or green tea (often mistakenly believed to be caffeine-free) has only a third as much caffeine as a cup of coffee. Also most, but not all, herbal preparations are devoid of caffeine.

ZEN AND THE ART OF TEA

Tea also provides some psychological benefits. The word "tea" comes from *tai*, an ancient Chinese word for peace. The tea break assumes a different social connotation from a coffee break: You down a cup of "joe" to boost your energy level and get back to work; you brew a cup of tea to relax. In the eighteenth century, the Chinese emperor Ch'ien Lung declared tea a "miracle beverage," claiming it would "drive away the five causes of sorrow," and poet Ralph Waldo Emerson said one finds "a great deal of poetry and fine sentiment" in tea. To brew the perfect cup of tea (according to the Tea Council of the U.S.A.), start with fresh, cold water brought just to boiling. Preheat the teapot and, when the water is ready, bring the teapot to the water. Use 1 teaspoon or 1 tea bag of the best quality tea leaves per cup and brew for 3 to 5 minutes. Remove tea leaves from the pot before serving.

What you see may not always be what you get. Most serious complications from taking herbal concoctions are attributable to contaminants that get mixed in during picking and processing. Regulations are in place for products making specific structure and function claims, but no regulations exist to control for the efficacy or concentration of herbal products claiming to control weight or provide extra energy.

The Food and Drug Administration is exploring regulatory measures against some of these ingredients (*ma huang*, for example). In 1995, their scientific advisory committee recommended more appropriate labeling for so-called "cleansing" or "dieters" teas.

Tea—and maternity. Dr. Tyler notes that "infusions from herbs similar to food plants (for example, chamomile) can be considered safe during pregnancy. Drinks made from mint, ginger, or fennel are often recommended for nausea. They are harmless and can help relieve the morning sickness associated with pregnancy. Other herbals may be better left alone.

Dr. Tyler cautions, "it's wise for pregnant women to avoid exotic herbs, such as senna, cascara, and other stimulating or laxative herbs, which are closer to drugs than foods. Some of these have an effect on the smooth muscles and might adversely affect the uterine walls in pregnant women."

Herbal health. Like tea, herbs and spices contain disease-fighting phytochemicals, but not always in the same concentration. Since there is such a wide variety of herbs used as beverages, establishing a single specific health benefit for all herbal products is difficult. Lest you find yourself in hot water over an herbal preparation, use only reputable sources, such as brand-name products.

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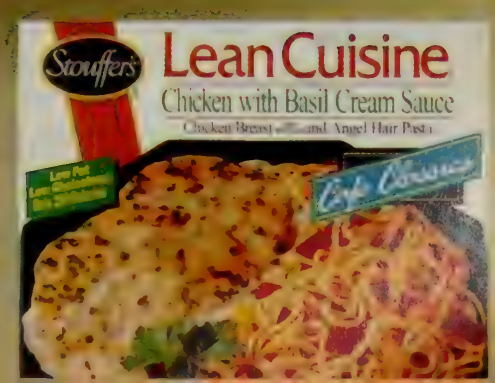
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New Ideas in Multipurpose Storage



This portable storage box by Rubbermaid is ideal for keeping hardware or craft supplies. Twelve flip-out cubbyholes snap shut to keep the contents contained.



A sturdy Rubbermaid toolbox offers a built-in tray on top for storing all the little essentials. The clear plastic lid locks tight to keep everything in its place.



See-through storage carts from Hold Everything add storage space to any bathroom or walk-in closet. Removable casters make this chest mobile.



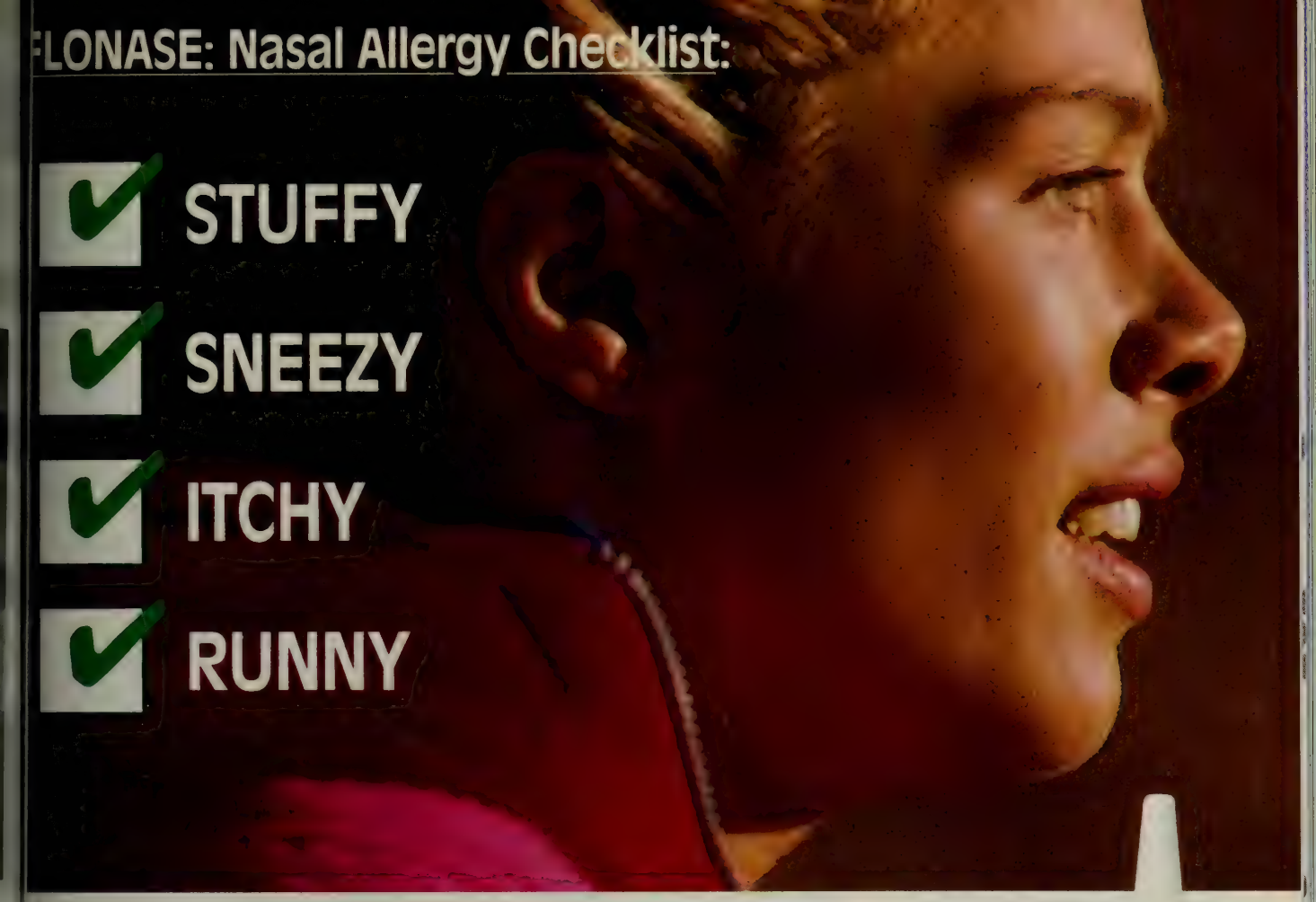
Keep your off-season clothes stored neatly in Cedar Tops containers by Tucker Housewares. Pieces of aromatic cedar are built into the lid to absorb moisture, eliminate odors, and ward off moths.



The Minichest by Iris can sit on a dresser or vanity and provide plenty of storage. Two drawers—one deep and one shallow—will hold bath accessories, makeup, and more.

by Steven Mumford

The corollary to the axiom that "work expands to fill time," might be "stuff expands to fill space." So, if you're running out of room in your rooms and find yourself fighting clutter in your closets, there may be a place in your life for a few multipurpose storage containers. These inexpensive organizers cost between $10 and $50 and include everything from simple plastic boxes to specialized containers with drawers and trays designed to help organize everything from toiletries to tools.



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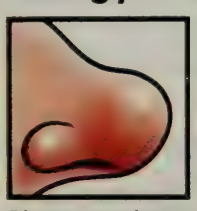
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BRIEF SUMMARY

SHAKE GENTLY BEFORE USE.

For Intranasal Use Only.

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic glucocorticoid with a topical glucocorticoid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic glucocorticoids and transferred to topical glucocorticoids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic glucocorticoid treatment, too rapid a decrease in systemic glucocorticoids may cause a severe exacerbation of their symptoms.

The use of FLONASE Nasal Spray with alternate-day systemic prednisone could increase the likelihood of hypothalamic-pituitary-adrenal (HPA) suppression compared with a therapeutic dose of either one alone. Therefore, FLONASE Nasal Spray should be used with caution in patients already receiving alternate-day prednisone treatment for any disease. In addition, the concomitant use of FLONASE Nasal Spray with other inhaled glucocorticoids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the intranasal administration of fluticasone propionate. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of glucocorticoids.

Use of excessive doses of glucocorticoids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or suppression of growth in children or teenagers. Knemometry studies in asthmatic children on orally inhaled glucocorticoids showed inhibitory effects on short-term growth rate. The relationship between short-term changes in lower leg growth and long-term effects on growth is unclear at this time. Physicians should closely follow the growth of adolescents taking glucocorticoids, by any route, and weigh the benefits of glucocorticoid therapy against the possibility of growth suppression if an adolescent's growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at larger doses, systemic glucocorticoid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral glucocorticoid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infections; untreated fungal, bacterial, or systemic viral infections; or ocular herpes simplex.

Because of the inhibitory effect of glucocorticoids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal glucocorticoid until healing has occurred.

Information for Patients: Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the patient's instructions accompanying the product.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1.0 mg/kg (3 mg/m² as calculated on a surface area basis) for 78 weeks in the mouse or inhalation of up to 57 mcg/kg (336 mcg/m²) for 104 weeks in the rat.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

FLONASE® (fluticasone propionate) Nasal Spray, 0.05%

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (295 mcg/m²) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: Teratogenic Effects: Pregnancy Category C: Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (135 and 590 mcg/m², respectively, as calculated on a surface area basis), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (48 mcg/m²).

However, following oral administration of up to 300 mcg/kg (3.6 mg/m²) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Less than 0.008% of the dose crosses the placenta following oral administration to rats (100 mcg/kg, 590 mcg/m²) or rabbits (300 mcg/kg, 3.6 mg/m²).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of tritiated drug to lactating rats (10 mcg/kg, 59 mcg/m²) resulted in measurable radioactivity in both plasma and milk. Because other glucocorticoids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of FLONASE Nasal Spray in children below 12 years of age have not been established. Oral glucocorticoids have been shown to cause growth suppression in children and teenagers with extended use. If a child or teenager on any glucocorticoid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of glucocorticoids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n=132) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, 2,427 patients received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle and active comparators.

Systemic glucocorticoid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive or if in conjunction with systemically administered glucocorticoids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months.

Incidence Greater than 1% (Causal Relationship Possible):
Respiratory: Epistaxis, nasal burning (incidence 3% to 6%); blood in nasal mucus, pharyngitis, nasal irritation (incidence 1% to 3%).
Neurological: Headache (incidence 1% to 3%).

Incidence Less than 1% (Causal Relationship Possible): ***Respiratory:*** Sneezing, runny nose, nasal dryness, sinusitis, nasal congestion, bronchitis, nasal ulcer, nasal septum excoriation.
Neurological: Dizziness
Special Senses: Eye disorder, unpleasant taste.
Digestive: Nausea and vomiting, xerostomia.
Skin and Appendages: Urticaria.

Postmarketing Experience: In addition to the events from clinical trials, the following have been reported during postmarketing experience.

Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation.

OVERDOSAGE: There are no data available on the effects of acute or chronic overdosage with FLONASE Nasal Spray. Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate. Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS).

GlaxoWellcome

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building

Screen Basics

Bugs aren't the only intruders you want to keep out of your home. Your list probably includes burglars and blistering sunlight, too. If so, one surprisingly simple solution will help in all these cases: screening.

Depending on what it is made from and how tightly it is woven, simple mesh screening can be an effective first defense against insects that bite, sun that parches, and hoodlums that burglarize. Here are some purchase options to consider:

- If you are only concerned about mosquitoes and their ilk, light aluminum or fiberglass screens should suffice. These inexpensive screens come in colors and are easily installed. To get a feel for different finishes, unroll several feet of screening at the store and look through an unfurled section from a distance. Screen appears darker up close than it does from a few feet.
- All screens stop some sunshine, but solar screens are woven so tightly they offer significant shading for anyone standing near windows. Typical solar screens stop up to 65 percent of the sunlight for less than $1 a square foot. Stamped aluminum and bronze screens capable of blocking out as much as 85 percent of sunlight are also available at costs up to $15 a square foot.
- Security screens don't look much different from other screens, but they are made with heavy mesh steel that is mounted in tough frames. They won't fend off the most determined criminals, but they can't be kicked or punched out and are very difficult to cut. For further information, check with companies in your area that provide security systems.

Grout Expectations

Homeowners and interior designers spend hours picking out tile and making sure their designs are just right. But many don't think twice about the glue that holds their ideas together. Grout is grout, right?

Not quite. Colored grouts have been available for more than 15 years, yet many people stick with plain-old white without even considering the full spectrum of colorful grout options.

Colored grout often looks good when used with dark-colored tile. In some cases, high-contrast grout lines fit with the overall design scheme, but if you find the seams unseemly or worry that they upstage your tile designs, you can downplay them by using darker colors or colors that match your tile selection.

Colored grout can also bring out accent colors in a room's paint or wallpaper scheme, picking up a subtle, secondary color and giving it just a shade more emphasis.

Sometimes using colored grout can really add sizzle. If you're designing with a specific period or style in mind, try using the color of the grout to make a statement. For example, you might create a '50s-retro look by using shiny black tile with pale pink grout lines to add a little punch. Similarly, pale green grout could be used to spice up sandy Southwestern tile colors. These effects would be lost if your only grout choice were bright white.

If your tastes change, or if you don't care for the grout colors that a previous homeowner selected, you can use a stain to give your grout new life.

Much like paint, oil-based grout stains come in a variety of colors and can be applied directly with a fine brush. The stains cost as much as $40 per pint. This may seem expensive until you consider the cost of removing and replacing a large quantity of tile.

You can also use white stain to keep bright white grout looking new. Keep a can on hand and touch up lines as they begin to get dirty or show wear.

If, on the other hand, you want to reduce the amount of time you spend on your hands and knees keeping your grout clean, you may want to use a darker stain or start with colored grout.

Stop his cold before it starts.



Germs have a way of spreading around the house, even when you do your best to keep them to yourself. That's why there's LYSOL® Disinfectant Spray. It kills a whole host of germs on hard surfaces, including the cold-causing rhinovirus. *In fact, a recent day care center study* showed that LYSOL Spray played an important part in helping to reduce illness, keeping kids from getting sick as often.* So this winter, make regular use of LYSOL Spray part of your healthy routine, along with hand washing, and kill the cold germs before they strike.

*Impact of an infection control program in a specialized preschool American Journal of Infection Control, June 1996



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DISCOVER BREAKTHR
THAT LETS YOU STA



GH MIGRAINE RELIEF
ALERT AND ACTIVE

IMITREX® (sumatriptan succinate) TABLETS
RELIEVE MIGRAINE PAIN, NAUSEA, EVEN SENSITIVITY TO LIGHT... WITHOUT DROWSY SIDE EFFECTS.

UNIQUE MIGRAINE RELIEF AVAILABLE ONLY FROM IMITREX

IMITREX Tablets were created specifically for the acute treatment of migraine attacks. They not only relieve the pain but also the nausea and sensitivity to light that often accompany migraine. What's more, this unique prescription medicine, containing sumatriptan succinate, is effective even if you take it when your migraine is at its worst.

LETS YOU GET BACK TO YOUR LIFE

Because IMITREX is not a narcotic or barbiturate, it won't interfere with your ability to function. IMITREX stops your migraine without stopping you.

MOST PRESCRIBED MIGRAINE MEDICINE IN THE U.S.[1]

IMITREX Tablets have been prescribed for millions of migraine attacks in the U.S. and worldwide.[1]

IS IMITREX RIGHT FOR YOU?

IMITREX is appropriate for many migraine sufferers, but only your doctor or other healthcare provider can decide if IMITREX is right for you. You should not take IMITREX if you have certain types of heart disease, blood pressure that is uncontrolled, or are allergic to this medication. If you have risk factors for heart disease, such as high blood pressure, high cholesterol, diabetes, or are a smoker, you need to be evaluated by your doctor before taking IMITREX. Very rarely, people with undiagnosed heart disease have had serious heart-related problems when taking IMITREX.

If you are pregnant, nursing, or thinking about becoming pregnant, talk to your doctor. If your headaches are not migraines, IMITREX is not for you.

The most frequently seen side effects are tingling and nasal discomfort.

1. Source: Physician Drug and Diagnostic Audit (PDDA), August 1995 - July 1996, Scott-Levin, a subsidiary of PMSI.

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Visit our new website: **www.migrainehelp.com**

Please see the important information on the following page.

GlaxoWellcome

BRIEF SUMMARY

IMITREX® (sumatriptan succinate) Tablets

The following is a brief summary only; see full prescribing information for complete prescribing information.

CONTRAINDICATIONS: Because of rare reports of coronary vasospasm, IMITREX Tablets should not be given to patients with ischemic heart disease (angina pectoris, history of myocardial infarction, or documented silent ischemia) or to patients with Prinzmetal's angina. Also, patients with symptoms or signs consistent with ischemic heart disease should not receive IMITREX Tablets. Because IMITREX Tablets can give rise to increases in blood pressure (usually small), they should not be given to patients with uncontrolled hypertension.

Concurrent administration of monoamine oxidase (MAO) inhibitors or use within 2 weeks of discontinuation of MAO inhibitor therapy is contraindicated (see CLINICAL PHARMACOLOGY: Drug Interactions in full prescribing information and PRECAUTIONS: Drug Interactions)

IMITREX Tablets should not be used within 24 hours of an ergotamine-containing or ergot-type medication like dihydroergotamine or methysergide.

IMITREX Tablets are contraindicated in patients with hypersensitivity to sumatriptan or any of the ingredients.

WARNINGS: IMITREX Tablets should only be used where a clear diagnosis of migraine has been established.

IMITREX Tablets should not be administered to patients with basilar or hemiplegic migraine.

Hypersensitivity (anaphylaxis/anaphylactoid) reactions have occurred on rare occasions in patients receiving sumatriptan. Such reactions can be life threatening or fatal. In general, hypersensitivity reactions to drugs are more likely to occur in individuals with a history of sensitivity to multiple allergens.

Cardiac Events/Coronary Constriction: Serious coronary events, including some that have been fatal, following IMITREX Tablets have occurred but are extremely rare. Although it is not clear how many of these can be attributed to IMITREX, because of their potential to cause coronary vasospasm, IMITREX Tablets should not be given to patients in whom unrecognized coronary artery disease (CAD) is likely without a prior evaluation for underlying cardiovascular disease. Such patients include postmenopausal women, males over 40, and patients with other risk factors for CAD such as hypertension, hypercholesterolemia, obesity, diabetes, smokers, and strong family history. Following a satisfactory cardiovascular assessment, it is recommended that the first dose of IMITREX Tablets be given in the physician's office for patients with underlying risk factors for CAD unless these patients have previously received sumatriptan. If symptoms consistent with angina occur, electrocardiographic (ECG) evaluation should be carried out to look for ischemic changes.

Sumatriptan may cause coronary vasospasm in patients with a history of CAD, who are known to be more susceptible than others to coronary artery vasospasm, and, rarely, in patients without prior history suggestive of CAD. Of 6,348 patients in clinical trials of oral sumatriptan, two experienced clinical adverse events shortly after receiving oral sumatriptan that may have reflected coronary vasospasm. Neither of these adverse events was associated with a serious clinical outcome

There have been rare reports from countries where IMITREX Tablets are already on the market of serious adverse events, including myocardial infarction, ECG changes suggestive of myocardial ischemia, and symptoms consistent with angina pectoris.

Drug-Associated Fatalities: In extensive worldwide postmarketing experience, deaths have been reported following the use of IMITREX Tablets. In most cases, the deaths occurring after treatment with IMITREX Tablets occurred well after sumatriptan use (i.e., 3 or more hours postdose) and probably reflect underlying disease and spontaneous events

There have, however, been several fatalities that occurred within a few hours after the use of sumatriptan. The specific contribution of sumatriptan to most of these deaths cannot be determined, but in one case with IMITREX® (sumatriptan succinate) Injection, a 41-year-old woman with a 6-day history of unilateral headache, uncertain history of cardiovascular disease with known risk factors (positive family history, postmenopausal woman, and smoking) and a history of asthma and codeine allergy, experienced nausea, vomiting, a sense of warmth, chest pressure, and sweating within 7 minutes of dosing. This was followed by hypotension at about one-half hour, and ventricular tachycardia/ventricular fibrillation leading to death. In most other cases, death was attributed to myocardial infarctions occurring hours after drug administration

Deaths attributed to strokes, cerebral hemorrhage, and other cerebrovascular events have also been reported in patients treated with oral and subcutaneous sumatriptan. In many cases, it appears possible that the cerebrovascular events were primary, sumatriptan having been administered in the incorrect belief that the symptoms experienced were migrainous in origin when they were not. Accordingly, it is important to advise patients not to administer sumatriptan if a headache being experienced is atypical

Use in Women of Childbearing Potential: (see PRECAUTIONS).

PRECAUTIONS:

General: Atypical sensations over the precordium (tightness, pressure, heaviness) have been reported after IMITREX Tablets, but have only rarely been associated with ischemic ECG changes.

Sumatriptan may cause mild, transient elevation of blood pressure (see CLINICAL PHARMACOLOGY in full prescribing information)

IMITREX Tablets should also be administered with caution to patients with impaired hepatic function (see CLINICAL PHARMACOLOGY in full prescribing information and DOSAGE AND ADMINISTRATION).

There have been rare reports of seizure following administration of sumatriptan.

As with other acute migraine therapies, before treating headaches in patients not previously diagnosed as migraineurs and in migraineurs who present with atypical symptoms, care should be taken to exclude other potentially serious neurological conditions. There have been rare reports where patients received sumatriptan for severe headaches that were subsequently shown to have been secondary to an evolving neurological lesion (cerebrovascular accident, subarachnoid hemorrhage). For a given attack, if a patient has no response to the first dose, the diagnosis of migraine should be reconsidered before administration of a second dose. In this regard, it should be noted that migraineurs may be at increased risk of certain cerebrovascular events (e.g., cerebrovascular accident, transient ischemic attack)

Binding to Melanin-Containing Tissues: Because sumatriptan binds to melanin, it could accumulate in melanin-rich tissues (such as the eye) over time. This raises the theoretical risk that sumatriptan could cause toxicity in these tissues after extended use. Ocular effects on the retina related to treatment with sumatriptan were noted in any of the toxicity studies. Although no systematic monitoring of ophthalmologic function was undertaken in clinical trials, and no specific recommendations for ophthalmologic monitoring are offered, prescribers should be aware of the possibility of long-term ophthalmologic effects (see CLINICAL PHARMACOLOGY in full prescribing information)

Corneal Opacities: Sumatriptan causes corneal opacities and defects in the corneal epithelium in dogs, this raises the possibility that these changes may occur in humans. While patients were not systematically evaluated for these changes in clinical trials, and no specific recommendations for monitoring are being offered, prescribers should be aware of the possibility of these changes (see CLINICAL PHARMACOLOGY in full prescribing information).

Information for Patients: See PATIENT INFORMATION at the end of the full prescribing information for the text of the separate leaflet provided for patients.

Laboratory Tests: No specific laboratory tests are recommended for monitoring patients prior to and/or after treatment with IMITREX Tablets

Drug Interactions:

Note: The combined use of oral sumatriptan and MAO inhibitors is contraindicated (see CONTRAINDICATIONS).

There is no evidence that concomitant use of migraine prophylactic medications has any effect on the efficacy or unwanted effects of sumatriptan. In controlled trials, a retrospective analysis compared 199 patients who had been using IMITREX Tablets and prophylactic drugs (calcium channel blockers, n=76; tricyclic antidepressants, n=43; beta blockers, n=70) to those who had not used prophylaxis (n=1,220). There were no differences in overall adverse event rates between the two groups.

Ergot-containing drugs have been reported to cause prolonged vasospastic reactions. Because there is a theoretical basis that these effects may be additive, use of ergot-containing or ergot-type medications (like dihydroergotamine or methysergide) and sumatriptan within 24 hours of each other should be avoided (see CONTRAINDICATIONS)

Propranolol: Pretreatment with propranolol 80 mg twice daily for 7 days had no effect on the pharmacokinetics, blood pressure, or pulse rate of oral sumatriptan administered as a single 300-mg dose.

Alcohol: Alcohol consumed 30 minutes prior to sumatriptan ingestion had no effect on the pharmacokinetics of sumatriptan.

Drug/Laboratory Test Interactions: IMITREX Tablets are not known to interfere with commonly employed clinical laboratory tests.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In carcinogenicity studies, rats and mice were given sumatriptan by oral gavage (rats, 104 weeks) or in drinking water (mice, 78 weeks). Average exposures achieved in mice receiving the highest dose were approximately 40 times the exposure attained in humans after the maximum recommended single dose of 100 mg. The highest dose to rats was approximately 15 times the maximum single human dose of 100 mg on a mg/m² basis. There was no evidence of an increase in tumors in either species related to sumatriptan administration

Sumatriptan was not mutagenic in the presence or absence of metabolic activation when tested in two gene mutation assays (the Ames test and the *in vitro* mammalian Chinese hamster V79/HGPRT assay). In two cytogenetics assays (the *in vitro* human lymphocyte assay and the *in vivo* rat micronucleus assay) sumatriptan was not associated with clastogenic activity.

In a study in which male and female rats were dosed daily with oral sumatriptan prior to and throughout the mating period, there was a treatment-related decrease in fertility secondary to a decrease in mating in animals treated with 50 and 500 mg/kg per day. The no-effect dose for this finding was approximately one-half of the maximum recommended single human dose of 100 mg on a mg/m² basis. It is not clear whether the problem is associated with treatment of the males or females or both combined

Pregnancy: ***Pregnancy Category C:*** In reproductive toxicity studies in rats and rabbits, oral treatment with sumatriptan was associated with embryolethality, fetal abnormalities, and pup mortality. There is no evidence that establishes that sumatriptan is a human teratogen; however, there are no adequate and well-controlled studies in pregnant women. IMITREX Tablets should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. In assessing this information, the following findings should be considered.

Embryolethality: When given orally to pregnant rabbits daily throughout the period of organogenesis, sumatriptan caused embryolethality only at a dose that clearly resulted in maternal toxicity, 100 mg/kg per day. The no-effect dose for embryolethality was 50 mg/kg per day, which is approximately nine times the maximum single human dose of 100 mg on a mg/m² basis.

Teratogenicity: A study in which rats were dosed daily with oral sumatriptan prior to and throughout gestation demonstrated fetal toxicity and a small increased incidence of a syndrome of malformations (short tail/short body and vertebral disorganization) after long-term treatment with 500 mg/kg per day. The no-effect dose for this effect was 50 mg/kg per day, approximately five times the maximum single human dose of 100 mg on a mg/m² basis.

Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in an increased incidence of blood vessel abnormalities (cervicothoracic and umbilical) at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this was approximately 60 mg/kg per day, approximately six times the maximum single human dose of 100 mg on a mg/m² basis.

Oral treatment of pregnant rabbits with sumatriptan during the period of organogenesis resulted in an increased incidence of cervicothoracic vascular and skeletal abnormalities. The highest no-effect dose established for these effects was 15 mg/kg per day, approximately three times the human dose of 100 mg on a mg/m² basis.

To monitor fetal outcomes of pregnant women exposed to IMITREX, Glaxo Wellcome Inc. maintains a Sumatriptan Pregnancy Registry. Physicians are encouraged to register patients by calling (800) 722-9292, ext. 39441.

Pup Deaths: Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in a decrease in pup survival between birth and postnatal day 4 at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this effect was approximately 60 mg/kg per day, or six times the human dose of 100 mg on a mg/m² basis

Oral treatment of pregnant rats with sumatriptan from gestational day 17 through postnatal day 21 demonstrated a decrease in pup survival measured at postnatal days 2, 4, and 20 at the dose of 1,000 mg/kg per day. The no-effect dose for this finding was 100 mg/kg per day, approximately 10 times the human dose of 100 mg on a mg/m² basis

Nursing Mothers: Sumatriptan is excreted in human breast milk. Therefore, caution should be exercised when considering the administration of IMITREX Tablets to nursing women.

Pediatric Use: Safety and effectiveness of IMITREX Tablets in pediatric patients have not been established

Use in the Elderly: The safety and effectiveness of IMITREX Tablets in individuals over age 65 have not been systematically evaluated, but the pharmacokinetic disposition of IMITREX Tablets in the elderly is similar to that seen in younger adults.

ADVERSE REACTIONS: (see also PRECAUTIONS). Sumatriptan may cause coronary vasospasm in patients with a history of CAD, known to be susceptible to coronary artery vasospasm, and, very rarely, without prior history suggestive of CAD.

There have been rare reports from countries in which IMITREX Tablets have been marketed of serious and/or life-threatening arrhythmias including atrial fibrillation, ventricular fibrillation, ventricular tachycardia; myocardial infarction; ECG changes suggestive of myocardial ischemia; and symptoms consistent with angina pectoris after oral sumatriptan. Chest discomfort, when it occurs, is usually noncardiac in origin.

Other untoward clinical events associated with the use of IMITREX Tablets are: warm/hot sensations, tingling/paresthesia, pressure sensations, flushing, sensations of heaviness, chest symptoms (tightness and sensations of heaviness), dizziness/vertigo, bad taste in mouth, weakness, myalgias, neck stiffness; all these untoward effects are transient, although they may be severe in occasional patients.

Incidence in Controlled Clinical Trials: The following table lists adverse events that occurred in two large US placebo-controlled clinical trials. Only events that occurred at a frequency of 1% or more in the IMITREX Tablets 100-mg group and that occurred more frequently in that group than the placebo group are included in the following table

Treatment-Emergent Adverse Events in Controlled US Clinical Trials Reported by at Least 1% of Patients With Migraine*

Adverse Event Type	Percent of Patients Reporting			
	Placebo (n=112)	IMITREX 25 mg (n=114)	IMITREX 50 mg (n=108)	IMITREX 100 mg (n=112)
Atypical sensations				
Feeling of heaviness	<1	<1	<1	2
Feeling of tightness	0	<1	2	2
Pressure sensation	0	<1	2	2
Tingling	4	6	4	5
Warm/hot sensation	<1	2	3	3
Cardiovascular				
Flushing	<1	0	4	2
Palpitations	<1	0	<1	2
Ear, nose, and throat				
Discomfort: nasal	4	5	5	7
Eye				
Irritation of eye(s)	0	0	0	2
Visual disturbance	<1	0	<1	3
Musculoskeletal				
Weakness	0	2	<1	2
Neurological				
Agitation	0	0	0	2
Urogenital				
Dysuria	<1	0	0	2

* Events that occurred at a frequency of 1% or more in the IMITREX Tablets 100 group and that occurred more frequently in that group than the placebo group.

Other events that occurred at least as often on placebo as in the 100-mg group included abdominal discomfort, mouth or tongue discomfort, neck stiffness, anxiety, taste disturbance, nausea and/or vomiting, migraine, headache, drowsiness/sedation, dizziness/vertigo, and malaise/fatigue.

IMITREX Tablets are generally well tolerated. Across all doses, most adverse reactions are mild and transient and do not lead to long-lasting effects. The incidence of adverse events in controlled clinical trials was not affected by gender or age of patients. There was insufficient data to assess the impact of race on the incidence of adverse events.

Other Events Observed in Association With Oral Sumatriptan: In the paragraphs that follow, the frequencies of less commonly reported adverse clinical events are presented. Because the reports cite events observed in open and uncontrolled studies, the role of IMITREX Tablets in their causation cannot be reliably determined. Furthermore, variability associated with reporting requirements, the terminology used to describe adverse events, etc., limit the value of quantitative frequency estimates provided.

Event frequencies are calculated as the number of patients reporting an event divided by the total number of patients (n=6,348) exposed to oral sumatriptan. Only reported events are included except those already listed in the previous table, those too general to be informative, and those not reasonably associated with the use of the drug. Events are further classified within body system categories and enumerated in order of decreasing frequency using the following definitions: frequent adverse events are defined as those occurring in at least 1/100 patients; infrequent adverse events are those occurring in 1/100 to 1/1,000 patients; rare adverse events are those occurring in fewer than 1/1,000 patients.

Atypical Sensations: Frequent were burning sensation, numbness, paresthesia. Infrequent was tight feeling in head. Rare were dysesthesia, hot and cold sensations.

Cardiovascular: Frequent were chest discomfort, chest pressure/heaviness, chest tightness. Infrequent were arrhythmia, changes in ECG, hypertension, hypotension, pallor, pulsating sensations, tachycardia. Rare were angina, atherosclerosis, bradycardia, cerebral ischemia, cerebrovascular lesion, heart block, peripheral cyanosis, thrombosis, transient myocardial ischemia, vasodilation.

Ear, Nose, and Throat: Frequent were throat symptoms. Infrequent were hearing disturbances, otalgia. Rare was feeling of fullness in the ear(s).

Endocrine and Metabolic: Infrequent was thirst. Rare were elevated thyrotropin stimulating hormone (TSH) levels, galactorrhea, hyperglycemia, hypoglycemia, hypothyroidism, polydipsia, weight gain, weight loss.

Eye: Rare were disorders of sclera, mydriasis.

Gastrointestinal: Frequent were diarrhea, gastric symptoms. Infrequent were constipation, dysphagia, gastroesophageal reflux. Rare were gastrointestinal bleeding, hematemesis, melena, peptic ulcer.

Hematological Disorders: Rare was anemia

Musculoskeletal: Frequent was myalgia. Infrequent was muscle cramps. Rare was tetany.

Neurological: Frequent were phonophobia, photophobia. Infrequent were confusion, depression, difficulty concentrating, disturbance of smell, dysarthria, euphoria, facial pain, heat sensitivity, incoordination, lacrimation, monoplegia, sleep disturbance, shivering, syncope, tremor. Rare were aggressiveness, apathy, bradykinesia, cluster headache, convulsions, decreased appetite, drug abuse, dystonic reaction, facial paralysis, hallucinations, hunger, hyperesthesia, hysteria, increased alertness, memory disturbance, neuralgia, paralysis, personality change, photophobia, radiculopathy, rigidity, suicide, twitching.

Respiratory: Frequent was dyspnea. Infrequent was asthma. Rare were hiccoughs

Skin: Frequent was sweating. Infrequent were erythema, pruritus, rash, skin tenderness. Rare were dry/scaly skin, tightness of skin, wrinkling of skin.

Breasts: Infrequent was tenderness. Rare was nipple discharge.

Urogenital: Infrequent were dysmenorrhea, increased urination, intermenstrual bleeding. Rare were abortion, hematuria.

Miscellaneous: Frequent was hypersensitivity. Infrequent were cough, fever, flushing, retention, overdose. Rare were edema, hematoma, lymphadenopathy, speech disturbance, voice disturbances.

Postmarketing Experience: The following are spontaneously reported adverse events from postmarketing experience except those events already listed previously in the ADVERSE REACTIONS section or those too general to be informative. Because the reports cite events reported spontaneously from worldwide postmarketing experience, frequency of events and the role of IMITREX Tablets in their causation cannot be reliably determined.

Episodes of acute renal failure, angioneurotic edema, cardiomyopathy, cerebrovascular accident, cyanosis, deafness, death, disturbances of liver function tests, exacerbation of sunburn, hepatic impairment, intraocular disorders, ischemic optic neuropathy, pancytopenia, panic disorder, periorbital edema, photosensitivity, pulmonary embolism, retinal artery occlusion, shock, subarachnoid hemorrhage, temporal arteritis, thrombocytopenia, and xerostomia

The following hypersensitivity reactions have been reported: rash, urticaria, pruritus, erythema, and shortness of breath. In addition, severe anaphylaxis/anaphylactoid reactions have been reported (see WARNINGS).

DRUG ABUSE AND DEPENDENCE: The abuse potential of IMITREX Tablets cannot be fully delineated in advance of extensive marketing experience. One clinical study with IMITREX® (sumatriptan succinate) Injection enrolling 12 patients with a history of substance abuse failed to induce subjective behavior and/or physiologic responses ordinarily associated with drugs that have an established potential for abuse.

OVERDOSAGE: Patients (n=670) have received single oral doses of 140 to 300 mg without significant adverse effects. Volunteers (n=174) have received single oral doses of 140 to 400 mg without serious adverse events.

No gross overdoses in clinical practice have been reported. Coronary vasospasm was observed after intravenous administration of sumatriptan (see CONTRAINDICATIONS). Overdoses would be expected from animal data to possibly cause tremor, lethargy, erythema of the extremities, abnormal respiration, cyanosis, ataxia, mydriasis, and paralysis. The elimination half-life of sumatriptan is about 2.5 hours (see CLINICAL PHARMACOLOGY), and therefore monitoring of patients after overdosage with IMITREX Tablets should continue for at least 10 hours or while symptoms or signs persist.

It is unknown what effect hemodialysis or peritoneal dialysis has on the serum concentrations of sumatriptan.

DOSAGE AND ADMINISTRATION: (See full prescribing information for complete dosage and administration information.) Hepatic disease/functional impairment may also cause unpredictable elevations in the bioavailability of orally administered sumatriptan. Consequently, if treatment is deemed advisable in the presence of liver disease, the maximum single dose should in general not exceed 50 mg (see CLINICAL PHARMACOLOGY in full prescribing information for the basis of this recommendation)

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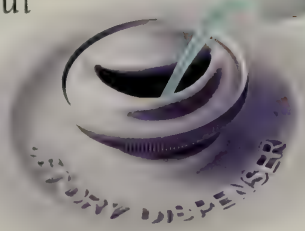
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Available in liquid, solid and Ultra disk forms.

Jet-Dry. Your dishwasher was designed for it.



Instead of hiding favorite dishes in a dark cabinet, the Shaws showcase their Italian Vietri collection in a plate rack near the sink.

Easy-Cooking Kitchen

by Christina Farnsworth

Because it takes time to cook up a renovated kitchen, Mel and Bunny Shaw let their plans stew for two years. The results are scrumptious.

"We visited almost every kitchen showroom in the country from Los Angeles to Miami and from New Orleans to Chicago over a two-year period," says Mel, speaking of his quest to create the perfect kitchen.

For Mel and Bunny, the perfect kitchen had to be elegant yet informal while fitting their turn-of-the-century Birmingham, Michigan, home like a cozy on a teapot. Plus, Mel, a gourmet chef, wanted a true commercial range and a kitchen design that put the focus on entertaining.

They finally settled upon architect Victor Saroki, who expanded the kitchen to 300 square feet. Interior designer Bob Endres helped blend the kitchen's interior with the rest of the house. The room's deep caramel-colored walls and crisp white trim, for example, play off colors in the dining area and the living room.

Kitchen planner Gary Fried also worked closely with Mel and Bunny to develop the overall kitchen plan. They chose maple cabinets because painting this close-grained hardwood results in

continued on page 102

Getting a lot of food to cook evenly used to be an *impossible* task.

But now, it's an utterly *possible* task.



Introducing the Whirlpool AccuBake™ Range.

Doing the impossible
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AccuBake™ range. You
ee, in many ovens, bake
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ither both on or both
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But not
in the Whirlpool AccuBake range. With the AccuBake System, bake and broil elements operate *independently*, or together, in order to maintain a precise temperature range. As a result, your food cooks evenly every time. What's more, it has the largest oven in the industry – 4.65 cubic feet. So not only can you cook food evenly, you can cook *a lot of food* evenly.



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Whirlpool
HOME APPLIANCES

Making Your World
A Little Easier.

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Continued from page 100

Easy-Cooking Kitchen

smooth, durable surfaces. The cabinetry has the right style for the vintage house, too, with beadboard bases and upper-cabinet doors made with either beadboard or glass panels. Brass and ceramic pulls complete the look.

Although the commercial-style range and hood are completely contemporary, their metallic presence adds to the ambience. Beadboard door panels help a side-by-side refrigerator and dishwasher blend into the kitchen.

Mel wanted "easy access to everything," and he got it. There are separate sinks, each equipped with a disposal, so that Mel can cook while Bunny arranges flowers. Electrical outlets are hidden inside cabinets, but are convenient for small appliances. The thoughtfully designed island includes drawers, shelves, a wine rack, and a brass towel bar.

The island also has two levels of marble countertop to ease preparation and service. One section is at a typical counter height of 36 inches, and the other is at a table height of 30 inches.

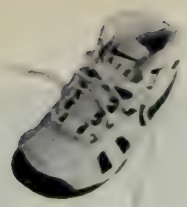
The kitchen is everything the Shaws wanted—elegant, inviting, and easy to use and maintain.



The island countertop was set at two levels (*top*), so cooks can stand up or sit down as they work on meals. A piece of marble similar to the counter material was used for the range backsplash.

Bookshelf trim over the planning desk (*above*) matches the detailing on the kitchen's plate rack. Just around the corner, a second sink is illuminated by an antique stained-glass window.

HomeCare Tip Series

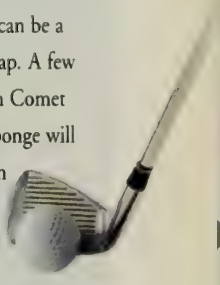


Give your old sneaks a run for their money. Use Comet with a moistened rag on the leather, then wipe off with a damp cloth.



Even a delicate sink can sink to new depths in dirt and grime. Fortunately, Comet has a soft touch.

Dirt in the heads of your irons can be a real handicap. A few swings with Comet on a wet sponge will keep you on course.

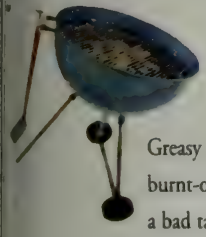




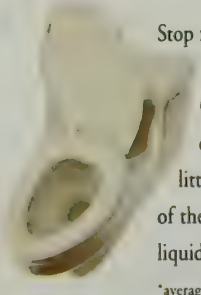
arbage disposals can nell like garbage. our Comet in, run ater and turn on. omet helps dispose f greasy buildup nd odors.

Road dirt and grime can take their toll on tires. Put Comet on a damp sponge, rub and rinse. You'll get more mileage out of your whitewalls.





Greasy drippings and burnt-on food can leave a bad taste in anyone's mouth. Simply wet the surface, apply Comet, let sit and scrub.



Stop flushing money down the toilet. Comet cleans and disinfects for as little as 1/3 the price of the most popular liquid bowl cleaners.*

*average retail price



Mildew stains can show up for lunch on patio furniture. Apply Comet to a wet sponge and wipe those tough stains away.



After you do the tough jobs, throw it in the toilet.

Bring on your dirtiest, meanest, hardest, toughest stains and cleaning problems. Comet Powder can handle them. Safely. It disinfects and deep cleans below the surface of the dirt. Where tough, embedded stains begin.

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just as driven to perfection as he is. Mario Andretti chose Marvin. If you want the windows and doors in your home to reflect your unique sense of style and taste, call 1-800-346-5128 (1-800-263-6161 in Canada) or mail the coupon for a free brochure.

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Smart Trade-Offs

by Steve Cooper



Before you become a remodeling do-it-yourselfer, reap significant savings by being a buy-it-yourselfer. No architect, builder, or designer can spend your money as frugally or with more creativity than you.

Many remodelers get their hearts set on one particular budget-busting element—it might be granite counters, upscale appliances, or a luxurious spa. That high-cost item will become more affordable if you surround it with great-looking but less-expensive materials. Here are some trade-off strategies to help you with shopping:

Scenario #1: You discover an incredibly rich Italian marble that you have to have for your remodeled kitchen. But at $175 a foot, the stone crushes your budget. What to do?

Substantial savings await those who keep their old cabinet cases and avoid moving the plumbing wall. Instead of investing in new cabinetry, limit your purchase to a set of new doors (save more by finishing and hanging them yourself). Also, leave the cooking center where it is and avoid paying to open up walls to relocate utility lines and vent ducting.

Or, you might have your heart set on the reverse: top-of-the-line cabinets. Scout salvage yards, specialty stores, or large home centers for marble tiles as a trade-off. You'll have seams to grout, but marble tiles can be found sometimes for $5 a square foot or less. Save on appliances, too, by purchasing versatile mid-price models with performance that nearly matches that of higher-priced, commercial-style equipment.

No architect, builder, or designer can spend your money quite as frugally or with more creativity than you.

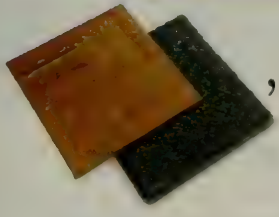
Scenario #2: If you want a jetted spa that's easy on the wallet, most manufacturers now make models that will fit in a five-foot space—the standard tub size through the 1970s. These models are reasonably priced, and no bathroom walls have to move to make space for a whirlpool bath.

With the spa in place, put up new bathroom tile. To save money here, search for a bargain on white or another common tile to be used as the dominant field tile in your design. Neutral-colored tiles sell for as little as 25 to 50 cents apiece. Within this inexpensive field, place a few specialty tiles. An artistic fish mural may set you back $250, but you'll have very little invested in the rest of the wall.

Next, spend lunch hours or lazy Saturdays roaming home centers, salvage yards, and independent plumbing stores looking for that perfect (and perfectly priced) faucet and porcelain bowl. Don't overlook kitchen and bath design stores—they often discount display models on a wide range of products.

Scenario #3: After a Parade-of-Homes afternoon where you've seen dozens of exotic designs, you may be inspired by the custom glass surrounding a spectacular entry. Can you duplicate the look?

Make the rounds of window dealers and look for standard windows that are close to what you want. Most major window manufacturers now offer such a wide range of standard sizes that you can recreate a fabulous look and still remain within your budget. ⌂

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MBH 007

Why Buy a New House?

Old houses have their charms. But if you want a spacious home with an open floor plan, state-of-the-art technologies, and low-maintenance comfort, put new construction on your shopping list for these reasons:

Energy efficiency

Old houses are seldom as energy efficient as new houses. Houses built only 15 years ago may use twice the energy of today's houses. Your new home will have greatly improved heating and cooling systems, energy-saving windows, and super insulation. Also, many mortgage companies nationwide take energy use into account when qualifying buyers and will make a larger loan on an energy-efficient home because average monthly utility bills on that house will be lower and that frees up more of the budget for mortgage payments.

Updated appliances

Appliances are new, energy-efficient, and easy to use. New dishwashers are quieter and use less water, ranges are designed for quick cleaning, and refrigerators are large and come with more convenient options. Even a home inspection is no guarantee that old house appliances will last long after closing. Especially for cash-strapped first-time buyers, the sudden need for a new furnace or dishwasher can lead to other expensive repairs, such as replacement of wiring or plumbing.

Safety codes

Built to the latest fire, health, and safety codes, new houses are safer and less expensive to operate and maintain. Codes require lifesaving detectors to signal presence of smoke or carbon monoxide. New houses are free of lead in paint or pipes and free of asbestos.

Building techniques

Builders today benefit from advances in building techniques. This means dry basements, expansive rooms, and a quieter, more comfortable atmosphere.

Updated wiring

In many areas, new homes of all price ranges include whole-house wiring for cable, telephone, and music systems. Computer stations and home theaters are also becoming part of standard packages. In electricity and wiring, more is better. New houses often have 200 amp electrical service; some old houses still have inadequate 60 amp service.

A room with a view

New houses are light and bright. Not only do they have more energy efficient windows, but they also have more of them. New houses are often "see-through" houses. From the front door, the viewer looks through the home to a panorama of windows that frame views of the back garden.

A house for today

New houses mirror today's lifestyles. Families live differently than they did just 15 or 20 years ago. Cooking is a group experience, and no one wants to be too far from the television. New homes blend the kitchen, eating area, and family room into one informal space. New houses also have more and larger bathrooms and closets.

A flood isn't the worst thing that can happen to you.



Not being insured for one is.

A flood moves with frightening speed. In minutes, a flood can wash away everything you and your family have spent a lifetime building.

But often the worst isn't the flood. It's finding out, too late, that you're not covered for flood damage.

You're probably not covered.

The truth is, 90% of all natural disasters in this country involve floods. Yet, as many find out too late, most homeowner's insurance policies don't cover flood damage.

Everyone runs the risk of being a flood victim. In fact, between 25% and 30% of flood insurance claims come from "low risk" areas. It could happen to you.

Give yourself peace of mind.

Fortunately, now you can protect your home and property with flood insurance from the National Flood Insurance Program.

Return the coupon or call your insurance company, agent or this toll-free number: 1-888-CALL FLOOD, extension 151. Act now, since it takes 30 days before your coverage begins. Because with floods, you can never say never.

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Do you have an insurance agent or company? Yes ❑ No ❑

If yes, who is your insurance agent and/or company?

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Deck TLC

If you have a deck, there's little doubt that you will eventually run into problems as time and weather take their toll on the materials. But making minor deck repairs may be easier than you think. Here are some tips for easy do-it-yourself repairs.

• **Fixing popped nails** is an easy repair. All you need to do is reset them with a hammer. If a nail is obviously loose and it pops back up in a few weeks or doesn't seem to grip the wood when you hammer it, pull it and drive a longer nail in the same hole. Better yet, use a ring-shank nail or a galvanized screw.

• **Check for warped or rotting boards** by starting with a ground-up examination. If you suspect rot, probe the suspicious areas with a small screwdriver. If you can insert the sharp point easily, the wood is damaged and you'll need to replace it with with pressure-treated lumber, redwood, or cedar to match the rest of your deck.

• **Minor twists and warps can be fixed** by removing the nails and replacing them with screws, which provide more holding power. After a few days, tighten the screws to reduce warp bit by bit. If the warp doesn't straighten, don't force it. You could end up splitting a board or stripping the screw heads, making it more difficult to remove and replace the warped plank later.

• **To remove a deck board,** use a hammer and catpaw to pull existing nails out. Pry up the board and remove it. Before replacing the board, check the joists to ensure that they are in good condition, then, to prolong their life, coat the top edges with roofing cement before replacing the deck boards. Measure the board with a tape measure, cut a replacement board, then fasten it in place with galvanized nails or screws. New boards should be installed so the annular rings that show on the end-grain arch upward. This will reduce the possibility of water penetration and splitting when boards are nailed in place.

• **Avoid splitting new deck boards** by nailing toward the end of a board and by blunting the nail points or predrilling the holes. If you're using cedar or redwood, you may want to use stainless steel fasteners because the acid in galvanized nails may react with the acid in these woods, causing them to stain.

• **If the deck railing is wobbly or damaged,** you'll need to repair or replace it. Upright rail supports often can be strengthened by attaching carriage bolts where the supports meet the joists. You may also want to check local building codes to ensure that your new railing complies.

• **Eliminate discoloration through preventive measures.** Deck wood frequently stains when planters remain in the same place, season after season. To avoid this, simply move your potted plants every three months to give all areas of the deck a chance to dry out and weather with the sun. Some water repellents also contain chemicals to prevent mildew or block ultra-violet light. Be sure to follow the manufacturer's recommendations and safety precautions when you apply the product.

• **Keep safety in mind** when working with treated wood. Don't ever place it in areas where it might come into direct contact with food, and never dispose of the scraps by burning them. And, as with all woodworking projects, remember to wear safety glasses.

RIMADYL®
(carprofen)
Caplets

Non-steroidal anti-inflammatory drug
For oral use in dogs only

CAUTION: Federal law restricts this drug to use by on the order of a licensed veterinarian.

DESCRIPTION: Rimadyl (carprofen) is a non-steroid anti-inflammatory drug (NSAID) of the propionic acid class that includes ibuprofen, naproxen, and ketoprofen.

INDICATIONS: Rimadyl is indicated for the relief of and inflammation in dogs. Rimadyl was shown to b clinically effective for the relief of signs associated with osteoarthritis in dogs.

DOSAGE AND ADMINISTRATION: The recommend dosage for oral administration to dogs is 1 mg/lb of weight twice daily. Caplets are scored and dosage should be calculated in half-caplet increments.

CONTRAINDICATIONS: There are no known contra indications to this drug when used as directed. Rimadyl should not be used in dogs exhibiting previ hypersensitivity to carprofen.

PRECAUTIONS: The safe use of Rimadyl in pregnan dogs, dogs used for breeding purposes, or in lactat bitches has not been established. Studies to deterr the activity of Rimadyl when administered concom tantly with other protein-bound drugs have not bee conducted. Drug compatibility should be monitored closely in patients requiring additional therapy.

As a class, cyclo-oxygenase inhibitory NSAIDs ma be associated with gastrointestinal and renal toxic Sensitivity to drug-associated adverse effects vari with the individual patient. Patients at greatest risk for renal toxicity are those on concomitant diuretic therapy, or those with renal, cardiovascular, and/or hepatic dysfunction. Since many NSAIDs possess t potential to induce gastrointestinal ulceration, con- comitant use of Rimadyl with other anti-inflammato drugs, such as corticosteroids and NSAIDs, should be avoided or very closely monitored.

Rimadyl treatment was not associated with renal toxicity or gastrointestinal ulceration in safety stu of up to ten times the dose in dogs.

Rimadyl is not recommended for use in dogs with bleeding disorders (e.g., Von Willebrand's Disease) as safety has not been established in dogs with these disorders.

WARNINGS: Keep out of reach of children. Not for human use. Consult a physician in cases of accidental ingestion by humans. **For use in dogs only.** Do not use in cats.

The material safety data sheet (MSDS) contains mor detailed occupational safety information. To report adverse reactions in users or to obtain a copy of th MSDS for this product call 1-800-366-5288.

ADVERSE REACTIONS: During investigational studies, no clinically significant adverse reactions were reported. Some clinical signs were observed during field studies which were similar for carprofe and placebo-treated (control) dogs. Incidences of the following were observed in both groups: vomitir (4%), diarrhea (4%), changes in appetite (3%), letha (1.4%), behavioral changes (1%), and constipation (0.3%). The product vehicle served as the control.

STORAGE: Store at controlled room temperature 15°–30°C (59°–86°F).

HOW SUPPLIED: Rimadyl caplets are scored, and contain 25 mg, 75 mg, or 100 mg of carprofen per caplet. Each caplet size is packaged in bottles containing 100 or 250 caplets.

TAKE TIME OBSERVE LABEL DIRECTIONS

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brief summary on adjacent page for important information

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PINE LEAF

Inspired by the Art of David Wright

The fascinating story of "Pine Leaf" is recounted in the autobiography of her husband, mountain man, James P. Beckwourth. Seeking justice for her beloved twin brother's death, she became one of the most revered warriors of the Crow tribe.

Now, in tribute to this fearless warrior, The Hamilton Collection is proud to present an exquisite collector doll inspired by artist David Wright's original painting. Beautifully crafted of fine, hand-painted bisque porcelain, "Pine Leaf" is outfitted in the traditional attire worn by Crow women—an "elk" robe, fringed suede dress and beaded jewelry. Her superbly chiseled features and piercing eyes are framed by long, dark hair. A feared and respected warrior, "Pine Leaf" holds a tribal shield and carries her bow and quiver.

Hand-numbered and accompanied by a same-numbered Certificate of Authenticity, "Pine Leaf" is available for only $135. Our 30 Day *100% Satisfaction Guarantee* assures you order without risk. Make this famous Crow heroine a part of your collection. Submit your order today!

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- **Authentic, hand-tailored tribal costume includes shield and quiver of arrows**

Shown smaller than actual size of approximately 16¾" tall

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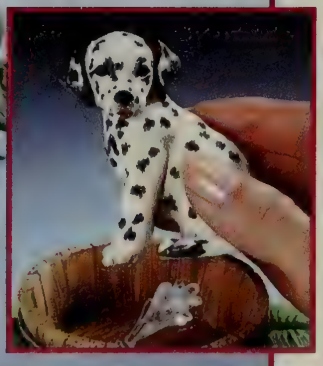
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ntroducing "Spot Takes A Bath," a charming ulpture that illustrates a refreshing "paws" a busy life, and realistically captures bath y, right down to the spout of sparkling ater" from the garden hose! And best of all, pot Takes A Bath" is *two charming sculptures one*! "Spot" comes out of the tub to be splayed separately!

"Spot Takes A Bath" is the premiere issue in the *Seeing Spots* Figurine Collection and will be accompanied by a Certificate of Authenticity. A Hamilton exclusive, future issues in the series will feature delightful Dalmatians in day-to-day activity. As an owner, you'll have the opportunity to preview new figurines in the collection, *without obligation*. And Hamilton's 30 Day *100% Satisfaction Guarantee* assures you order without risk. Submit your order today!

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The Hamilton Collection, 4810 Executive Park Ct., P.O. Box 44051, Jacksonville, FL 32231-4051

Backyard Simplicity

The best deck design is often the simplest. Bold, clean planes play well against nature's rich tapestry of shade, color, and texture. Homeowners Judy and Dave Rogoway crafted an elegantly simple cedar deck that hugs the tree trunks under broad swaths of dappled shade and cascades gently toward the lawn and the house.



• Long before the deck was built, a shady pine tree was already deeply rooted in the Rogoways' backyard. Instead of cutting down this valuable asset, the couple protected it with a wood-paneled planter box.

• Large and low-lying, the deck gently flows into the woodsy yard. The central platform includes cozy corners for quiet conversation, but it's also large enough to handle a small crowd for casual entertaining.



• The shallow tiers and low-slung horizontals create an elegant floating effect—a very stylish idea for such a simple deck. The Rogoways left the existing slab in place to marry the new deck to the house.

• Built-in benches and tiered stairs establish the perimeter of this outdoor living space. Railings could have been built, but they would have imposed barriers limiting access and the view from the deck.

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Up on the Roof

by Steve Cooper

Roofing is a job for the pros. But how do you know when a contractor is truly professional? Consider these ups and downs before hiring a crew to replace your roof.

Licensed contractors

Most states require roofing contractors to be licensed. While this isn't proof of honesty or competency, it does mean minimum requirements have been met regarding experience, training, and bonding. Don't risk hiring someone who hasn't met even these basic standards. Ask to see licenses. Unlicensed roofers may work cheaply, but they probably don't carry insurance to cover on-the-job injuries. If they accidentally fall, you may pay.

Signs of stability

Roofers can pack all the tools they need into pickup trucks; a dishonest few are here today and gone tomorrow. Make sure your contractor will be around to honor guarantees by looking for these signs of stability: the business has been located in the same spot for several years, has done several jobs in your immediate area, and has long done business under the same name.

Get it in writing

Don't be taken in by a fast talker; insist on a written contract. The contract and attending documents should cover who will obtain building permits, when the job will start, an expected completion date, cost, a schedule of payments, materials, guarantees, and reasonable late penalties. Materials are usually warranted for 10-50 years by the manufacturer, and the roofer should add a one- or two-year installation guarantee. Be sure the roofer gives you all this in writing. Veteran remodelers—both homeowners and contractors—often tell horror stories about poor workmanship, never-ending jobs, late payments, and aggravating situations. A solid contract can avert many difficulties because it establishes roles and rules from the beginning. It is also helpful to create written change orders to cover any modifications made after the job is already underway.

No on-the-job training

Asphalt shingles aren't the only material option. You may want slate, metal, or another type. Since you aren't running a training school for installers, ask contractors about their experience with the style of roofing you choose.

Money matters

Replacing an entire roof can be expensive, so many homeowners divide the cost into payments. A sensible plan is 40 percent paid at the start (to cover materials), 40 percent upon completion (to pay the roofer's costs), and 20 percent two weeks after the job is complete. This allows you time to inspect the work and call the contractor back for any final adjustments to the installation.

Keep it clean

Contractors should explain how refuse will be handled and what steps will be taken to protect your home and landscape from falling materials, heavy tools, and construction boots during the project.



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Poetry Contest $48,000.00 in Prizes

The National Library of Poetry to award 250 total prizes to amateur poets in coming months

Owings Mills, Maryland – The National Library of Poetry has just announced that $48,000.00 in prizes will be awarded over the next 12 months in the North American Open Amateur Poetry Contest. The contest is open to everyone and entry is free.

"We're especially looking for poems from new or unpublished poets," indicated Howard Ely, spokesperson for The National Library of Poetry. "We have a ten year history of awarding large prizes to talented poets who have never before won any type of writing competition."

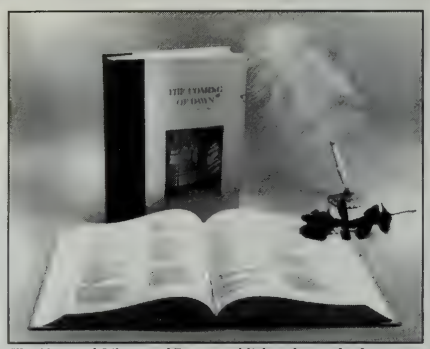
How To Enter

Anyone may enter the competition simply by sending in ***ONLY ONE*** original poem, any subject, any style, to:

The National Library of Poetry
Suite 6872
1 Poetry Plaza
Owings Mills, MD 21117-6282

Or enter online at **www.poetry.com**

The poem should be no more than 20 lines, and the poet's name and address must appear on the top of the page. "All poets who enter will receive a response concerning their artistry, usually within seven weeks," indicated Mr. Ely.



The National Library of Poetry publishes the work of amateur poets in colorful hardbound anthologies like ***The Coming of Dawn****, pictured above. Each volume features poetry by a diverse mix of poets from all over the world.*

Possible Publication

Many submitted poems will also be considered for inclusion in one of The National Library of Poetry's forthcoming hardbound anthologies. Previous anthologies published by the organization have included *On the Threshold of a Dream*, *Days of Future's Past*, *Of Diamonds and Rust*, and *Moments More to Go*, among others.

"Our anthologies routinely sell out because they are truly enjoyable reading, and they are also a sought-after sourcebook for poetic talent," added Mr. Ely.

Enter online at **www.poetry.com**

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Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: FABRIC SHADES

Page 25: fabric, "Frisbee" (Almond)— available from Calico Corners; 800/777-9933. **Table**—antique. **Fuse A shade fabric roller shade kits**—HTC-Handler Textile Corp., Dept. BHG, 24 Empire Blvd., Moonachie, NJ 07074.

Page 26: check fabric, "Nairobi Check" (Jute), no. 601832—Waverly; 800/423-5882. **Table**—antique.

Page 30: fabric, "Versailles" (Natural); **sheer fabric,** "Zurich" (Palladian)—available through designers and architects from Coraggio Fabrics; for more information call 800/624-2420.

Page 32: floral fabric, "Old Lyne Vintage" (Sage), 662612—Waverly; 800/423-5881. **Table**--antique.

Pages 25–32: window, no. TW3046—Andersen Windows, Inc.; for a retailer near you call 800/426-4261, ext. 1232.

RIBBON STYLE

Page 35: satin center ribbon, no. sc39 (Eggshell); **gold striped ribbon,** no. gr73 (White with Gold); **gold trimmed ribbon,** no. ge73 (White with Gold)—Midori, Inc., 3524 West Government Way, Seattle, WA 98199; 206/282-3595. **Upper wallpaper,** "Santa Fe Stripe" (Topaz); **lower wallpaper,** "Santa Fe Harlequin" (Topaz), from the American Style Collection—Village; for a retailer near you call 800/552-9255. **Hotel towel on tub,** "Stripes" (White); **bath rug on tub,** "Trellis Non-Skid" (Parchment)—Coming Home with Lands' End Catalog; 800/345-3696.

Page 36: gold-edged ribbons, "Divine" (Moss, 570), no. 13-5741; "Divine" (Forest, 587), no. 13-5741; "Divine" (Cream, 815), no. 13-5741; **gold striped ribbons,** "Karat" (Forest, 587), no. 14-6071; "Karat" (Cream, 815), no. 14-6071; **striped sculpting ribbons,** "Sculptor" (Forest, Comb 1), no. 14-6668; "Sculptor" (Blended Bronze, Comb 3), no. 14-6668, by C.M. Offray & Son, Inc.—available at fabric and craft stores nationwide. **Parson chairs with slipcovers,** no. SC045; **Parson stool,** no. ST006—Ballard Designs, 1670 DeFoor Ave., NW., Dept. Edit MAGA '97, Atlanta, GA 30318-7528; 404/351-5099. **Link drapery rings,** no. 236026-480 (Pewter)—Umbra; for a dealer near you call 800/387-5122.

Page 38: pine needles ribbon, no. pt39p (Green on Ivory); **plain organdy dark green ribbon,** (Cactus, 50); **plain organdy light green ribbon,** (Kiwi, 47); **gold-edged green organdy ribbon,** no. ge90 (Hunter with Gold)—Midori, Inc. (address above). **Canopy bed conversion kit**—DreamBeds Canopy Conversion Kit, P.O. Box 205, Rockport, MA 01966; 508/546-5808.

Page 40: gingham check ribbons, "Becky," no. 27-42554 (Red); **wire-edge gingham check ribbons,** "MW Becky," no. 27-62559 (Red), by C.M. Offray & Son, Inc.—available at fabric and craft stores nationwide.

THE DECORATING SHOP

Page 123: Bouquet of Flowers Pillow Kit—Banar Designs, 431 S. Main St., Fallbrook, CA 92028.

GARDENER'S ALMANAC

Pages 142–143: Cobaea vine—Nichols Garden Nursery, 1190 N. Pacific Hwy., Albany, OR 97321; 503/928-9280; free catalog. Thompson & Morgan, P.O. Box 1308, Farraday and Gramme Aves., Jackson, NJ 08527; 800/274-7333; free catalog. Select Seeds Antique Flowers, 180 Stickney Rd., Union, CT 06076; 203/684-9310; catalog $3. J.L. Hudson, Seedsman, Star Rt. 2, Box 337, La Honda, CA 94020; no phone orders; catalog $1. **Hostas**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. Klehm Nursery, 4210 N. Duncan Rd., Champaign, IL 61820-9559; 800/553-3715; free catalog. Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 919/967-0078; catalog $3. **Sweet woodruff**—Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog. White Flower Farm, Rt. 63, Litchfield, CT 06759; 800/503-9624; free catalog. **Sunflower, pumpkin seeds**—Cook's Garden, P.O. Box 535, Londonderry, VT 05148; 802/824-3400; free catalog. W. Atlee Burpee Co., 300 Park Ave., Warminster, PA 18974; 800/888-1447; free catalog. Park Seed Co., Cokesbury Rd., Greenwood, SC 29647; 800/845-3369; free catalog.

CONSIDER THE ONION

Pages 147–154: alliums—John Scheepers, 23 Tulip Dr., Bantam, CT 06750; 860/567-0838; free catalog. Dutch Gardens, P.O. Box 200, Adelphia, NJ 07710; 800/818-3861; free catalog. Daffodil Mart, 7463 Heath Trail, Gloucester, VA 23061; 800/ALL-BULB; free catalog.

SHADE GEMS

Pages 157–162: shade plants—Wayside Gardens, P.O. Box 1, Hodges, SC 29695; 800/845-1124; free catalog. Crownsville Nursery, P.O. Box 797, Crownsville, MD 21032; 410/849-3143; catalog $2. Collector's Nursery, 16804 NE. 102nd Ave., Battle Ground, WA 98604; 360/574-3832; catalog $2. Shady Oaks Nursery, 112 10th Ave., SE., Waseca, MN 56093; 800/504-8006; free catalog. Heronswood Nursery Ltd., 7530 288th St. NE., Kingston, WA 98346; 360/297-4172; catalog $4.

DECORATING Q & A

Pages 166–167 (*left*): entertainment center, from the Fontana Collection—Broyhill Furniture Ind.; for a dealer near you call 800/327-6944. **Everest wicker wing chair,** no. 1368125—Pier 1 Imports; 800/447-4371. **All other items shown**—antique, discontinued, or a personal belonging. (***Right***)**: wall table,** "Akka"—IKEA Home Furnishings, East Coast, 410/931-8940; West Coast, 818/912-1119. **Dark green floor paint color,** "Verde," no. SW1453—Sherwin-Williams; for a store near you call 800/474-3794. **Settee cushion fabric,** "Mistral" (Canary); **curtain fabric,** "La Poeme" (Canary)—available at Calico Corners; 800/777-9933. **All other items shown**—antique, discontinued, or a personal belonging.

Pages 168–169 (*left*): sofa, "Sabrina"; **washable slipcover**—Mitchell Gold; 800/789-5401; http://www.mitchellgold.com. **Coffee table,** "Bonde" (Beech)—IKEA Home Furnishings, East Coast, 410/931-8940; West Coast, 818/912-1119. **Striped chair fabric,** "Alto" (Basil)—available

continued on page 246


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Better *by* Design



Recipes for successful kitchens and baths share many common ingredients. Surface materials are appealing, layouts are convenient, and the rooms are showered in light. Here's a full plate of satisfying designs.

by Steve Cooper


Actual photo of woman in nirvana.
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Sunlight Ranch

Four problems are common to kitchens in single-story, ranch-style homes: They can be dark, cramped, lacking countertop workspace, and devoid of storage. But after sunny renovations, Maggie and Bob Fraser's kitchen in Bellevue, Washington, left those issues behind.

By spanning the kitchen with a 25-foot beam, builders were able to remove unwanted interior walls and enlarge the space. Then the sunlight was ushered inside through the addition of generously sized windows. A pair of light-snagging skylights were already in place.

continued on page Z6



A slab of granite covers the island (*top*), while less costly stone tiles line the perimeter counter. Taking down walls, installing lighter cabinetry, and keeping skylights (*above*) draws light into the room.

SCHUERLEIN FLOOR PLAN ILLUSTRATION CARSON ODE REGIONAL CONTRIBUTOR TRISH MAHARAM

HOW TO BECOME AN OVERNIGHT SUCCESS, IN ONLY FIVE SHORT YEARS.



January 10, 1992:
Chrysler introduces new Jeep® Grand Cherokee. Foreshadowing the impact Grand Cherokee will have on car buyers, Chrysler President Bob Lutz unveils it by driving up the steps and through a plate glass window into the North American International Auto Show in Detroit.



October 30, 1996:
For the second consecutive year, the Car and Driver "Ten Best List" includes multiple Chrysler Corporation vehicles: Chrysler Town & Country, Dodge Caravan, and Plymouth Voyager minivans are honored along with Chrysler Cirrus, Dodge Stratus, and the new 1997 Plymouth Breeze.



October 4, 1996:
Chrysler Corporation reports that the 1996 model year was the most successful in the Company's 72-year history, with a record 2,407,700 vehicles sold.



April 23, 1996:
*Strategic Vision releases its Total Quality Award™ winner for "Best Ownership Experience" Winning their categories: Dodge Intrepid, Chrysler Town & Country, Jeep Grand Cherokee, and Dodge Ram Pickup.**

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35,652 October-November new vehicle buyers of 200-plus models over the first 90 days of ownership.



February 20, 1992:
Under the leadership of Chief Engineer Francois Castaing, Chrysler celebrates one year of working in platform teams, multi-disciplinary groups brought together for more innovative, responsive automaking.



September 15, 1992:
A new automotive architecture is born as Chrysler introduces cab-forward design in all-new Chrysler Concorde, Dodge Intrepid, and Eagle Vision.



January 6, 1993:
New Dodge Ram Pickup changes the rules with its aggressive styling and Magnum V10 engine. It's the most powerful engine ever in a pickup.



November 6, 1993:
The new 3.5 million square foot, $1 billion Chrysler Technology Center is now home to 7,000 employees, with state-of-the-art facilities to promote breakthroughs in design, engineering, safety, and manufacturing.



July 15, 1992:
Platform team reads letters from minivan owners asking, "Why not put a sliding door on the driver's side too?"



March 10, 1995:
Redesigned Chrysler, Plymouth, and Dodge minivans reach dealerships with features including dual front air bags,† optional dual sliding doors, and Easy Out Roller Seats.™



March 6, 1994:
Leaders from Chrysler and the United Automobile Workers convene in Orlando for annual conference on quality improvement. Very few attendees return with suntans.

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rysler Corporation. *Strategic Vision's 1996 Vehicle Experience Study℠ surveyed

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Sunlight Ranch

continued from page Z3

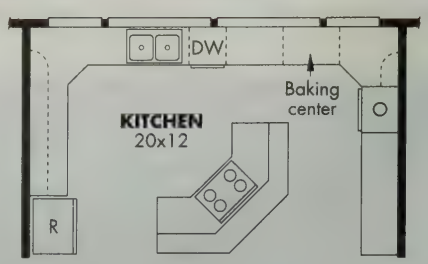
To gain more floor space for the kitchen, a laundry room was moved to another part of the house. This afforded room for the winged island that serves as the showpiece and hub of this family-friendly kitchen.

When entertaining, the Frasers and their friends gather around the island. While the cook works at the cooktop, guests can grab a stool and enjoy snacks served on the granite countertop. Conveniently positioned beneath the cooktop are deep drawers, a built-in toaster, an electric can opener, and numerous power outlets for other small appliances.

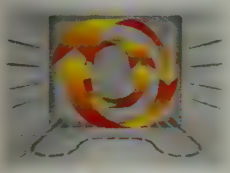
continued on page Z9



The baking center's counter (*above*) was lowered to ease the task of rolling dough. All cabinets, including the pantry (*left*), are painted maple. The boomerang shape of the island (*below*) throws a curve at the room's straight lines.



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Mary GrandPré, Illustrator
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"My, How Time Flies!"



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Attention is drawn upward by a quartet of glass doors, a splash of mahogany surrounding the copper cooktop hood, and wine storage above the refrigerator.

Naturally Contemporary

The size of the portions doesn't indicate the quality of a meal. Likewise, a bite-size kitchen can be yummy, as demonstrated by Karen Dorn and Larry Semler's kitchen in Minnetonka, Minnesota. The room's contemporary style was enhanced with an elegantly finished mahogany island, a granite countertop that seems to float above a small bookcase, and the naturally refreshing beauty of maple flooring.

continued on page Z10

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Mail in the Wools of New Zealand Sweepstakes entry form and you could win this beautiful 5'9" x 9' Decorwool rug from Karastan. Suggested retail $1,799. The second place winner will receive a $250 Country Inn gift certificate. Enter today and win with wool.

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1. To enter, fill out your name and address on the official entry form or on a postcard and mail to: Wools of New Zealand, 700 Galleria Parkway, Dept. BHG-KSN, Atlanta, GA 30339-5943. 2. Entries must be received by May 30, 1997. Winners will be selected on or about June 15, 1997 and will be notified by mail. Decisions of judges are final. No responsibility is assumed for lost, late or misdirected entries. 3. Entrants must be U.S. residents, 18 years or older. Employees of Wools of New Zealand and Karastan, their agents, affiliates, subsidiaries and families are not eligible. 4. Grand Prize: Karastan Red Serouk 5'9" x 9' rug, retail value $1,799. Secondary Prize: One $250 gift certificate for use at any Country Inn in the Independent Innkeepers' Association, retail value $250. 5. Winners will be required to sign an Affidavit of Eligibility and Release within ten (10) days of notification. 6. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes are the sole responsibility of the winner. Odds of winning depend on number of entries received. 7. For prize winners' names (available after July 1, 1997), send a separate self-addressed stamped envelope to: Wools of New Zealand, 700 Galleria Parkway, Dept. BHG-KSN, Atlanta, GA 30339-5943.

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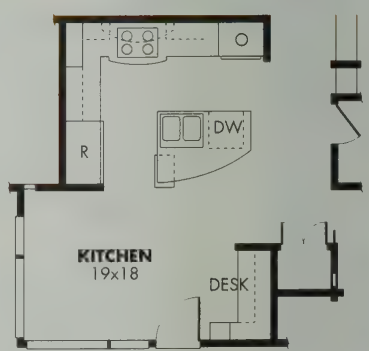
Naturally Contemporary

continued from page Z9

Kitchen activities center on the island. Its open design appeals to the eye, but the island is practical, too. With twin sinks and a dishwasher, the island is the cleanup center.

Working in the kitchen will be a delight because cookware, appliances, and ingredients are all within easy reach. A bank of deep drawers beneath the cooktop lets the chef bring pots and pans out from the recesses of the cabinet. There is also storage above and below the ovens, a small-appliance garage, upper cabinets on each side of the cooking area, and a rack for short-term wine storage above the refrigerator.

continued on page Z14



A cone-shaped support connecting the small bookcase with the counter (*top*) helps create this kitchen's contemporary personality.

The floor plan (*above*) shows how to make room for a computer in the kitchen: tuck a work desk in an out-of-the-way corner.

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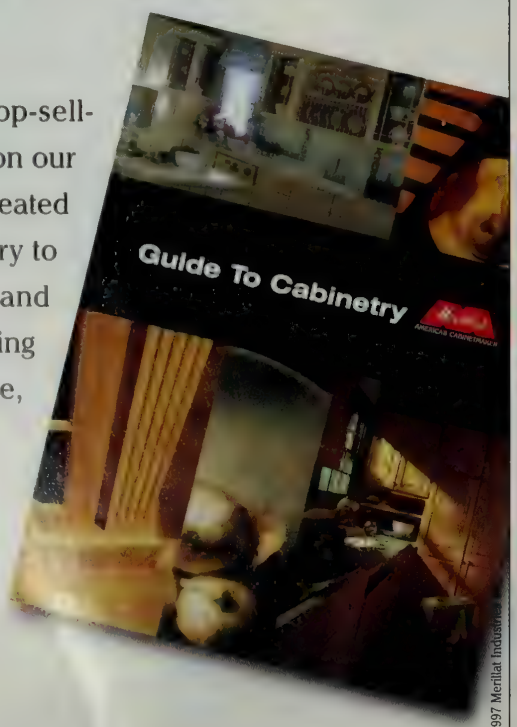


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Better by Design

Tinge of Tradition



Traditional building crafts provide appeal in the renovated kitchen and octagonal dining room addition of this Connecticut home. At every point, there's a design detail that invests rooms with richness.

Kitchen cabinets, made from limed oak with braided details, have been surrounded with granite countertops and hand-painted backsplash tiles.

The new 12×12-foot dining room is peppered with stylistic flourishes from the architectural column to mullioned windows to assorted molding details. The room accommodates the six-member family comfortably and shares a countertop with the kitchen to make dinner service convenient.





The octagonal dining room addition is a sunny room thanks to large double-hung windows and a set of transoms (*left*).

Hand-painted decorative tiles (*above*) and rope trim on cabinet edges are elements that help elevate this kitchen above the ordinary.

continued on page Z16



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Faithful Service

Whether mealtime service includes angel-hair pasta, sweet divinity, or soul food, the setting here inspires. That's because the kitchen island was once employed as a church altar. The owners of this Indianapolis, Indiana, kitchen found the ornately fashioned cabinet in an antique shop, and architect Barry Smith designed the room around the piece. Smith says, "The secret with architectural antiques is designing for them early. Otherwise, they look like an afterthought."

continued on page Z18



The 4×6-foot granite-topped island (*top*) sets the style for the kitchen and serves as the primary food preparation area.

An ornately carved chestnut beam, salvaged when an old house was razed, decorates the cooktop ventilation hood (*above*).

Health clubs are for weekdays.

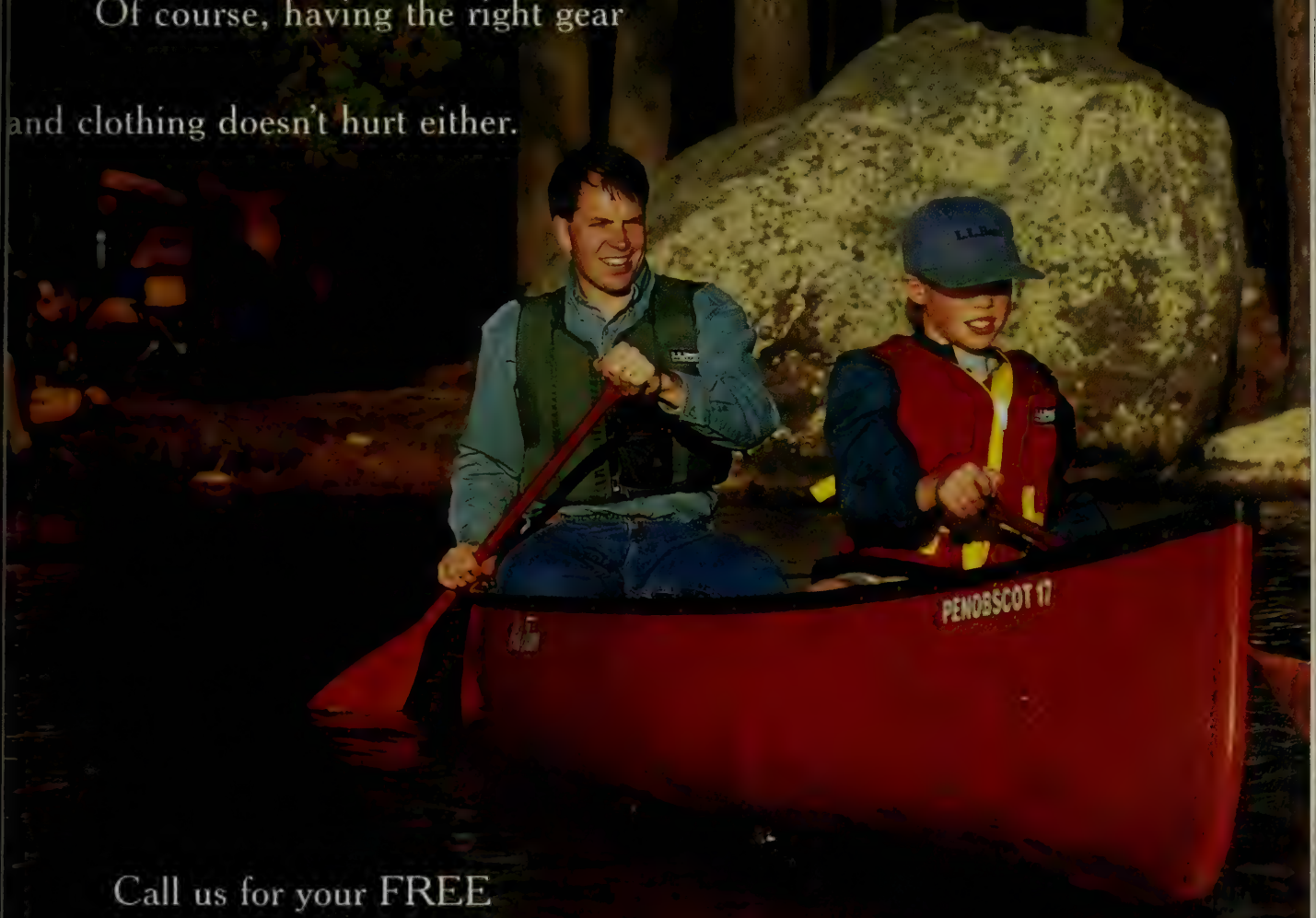
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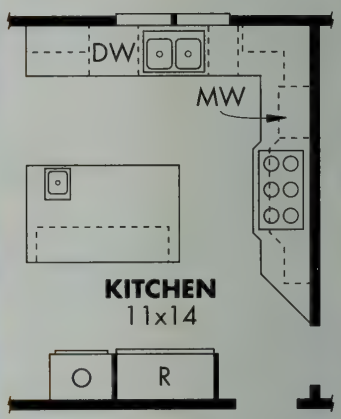
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A fireplace (*left*) stands as a partition between the kitchen's dining area and the family room. The dining table is only a few steps from the island. Aisles are wide enough (*below*) for two to maneuver in the 17×23-foot kitchen.



Faithful Service

continued from page Z16

The homeowners wanted a design that blends old and new. So they chose the salvaged island, wood floors, butcher block countertops, and terra-cotta backsplash tiles to give the room historical ambience. To keep the kitchen up-to-date, they ordered custom cabinetry that maximizes storage and state-of-the-art appliances that bring precision to mealtime preparations.

Viewing the completed design, the homeowner says, "Using the antique island gives me a kitchen that no one else could have."

continued on page Z21

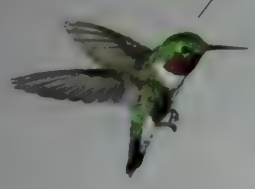


The rich patina of the columns, arches, and flutes on the aged island (*above*) put a taste of history into this new kitchen.


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On a Pedestal



KITCHEN PLANNER: KITCHEN STUDIO; REGIONAL CONTRIBUTOR: SUZY FARRIMAN

Some kitchen designs are creative and so fun they deserve to be up on a pedestal, which is exactly how cabinets in this Michigan house were mounted. Bird's-eye maple base cabinets washed with eight coats of gray lacquer were perched atop 20-inch-high white marble pedestals. Black granite countertops, sleek white walls, and a long row of aluminum-clad windows complete the crisp up-to-the-minute look.

A contemporary tea kettle designed by architect Michael Graves basks in the glow of a highly polished kitchen.

continued on page Z24



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The kitchen's white marble floor and cabinet pedestals (*left*) echo material used throughout the house. Patterns and moldings were avoided to keep the design as simple as possible.

The microwave oven (*top*) is tucked into the pantry wall. The chrome-and-black faucet (*above*) swivels so it can be used in either sink, and the sprayer nozzle pulls out for quick cleanups.

On a Pedestal

continued from page Z21

Because the home overlooks a lake, a wall of windows is as important to the design as a wall of floor-to-ceiling storage cabinets. The room shimmers in the daytime.

Another critical element is the kitchen's island, though the home's owners weren't certain they wanted it in the beginning. Now they're glad they bowed to their designer's suggestion because the island makes preparations so easy. The owner says, "I'd never had an island before so I fought against it, figuring there'd be too much walking around. Now I wouldn't be without it."

She is also pleased with twin stainless steel sinks. She says, "They are deep and wide enough to soak a frying pan—handle and all." ⌂

continued on page Z27

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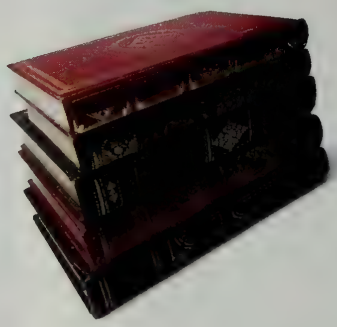
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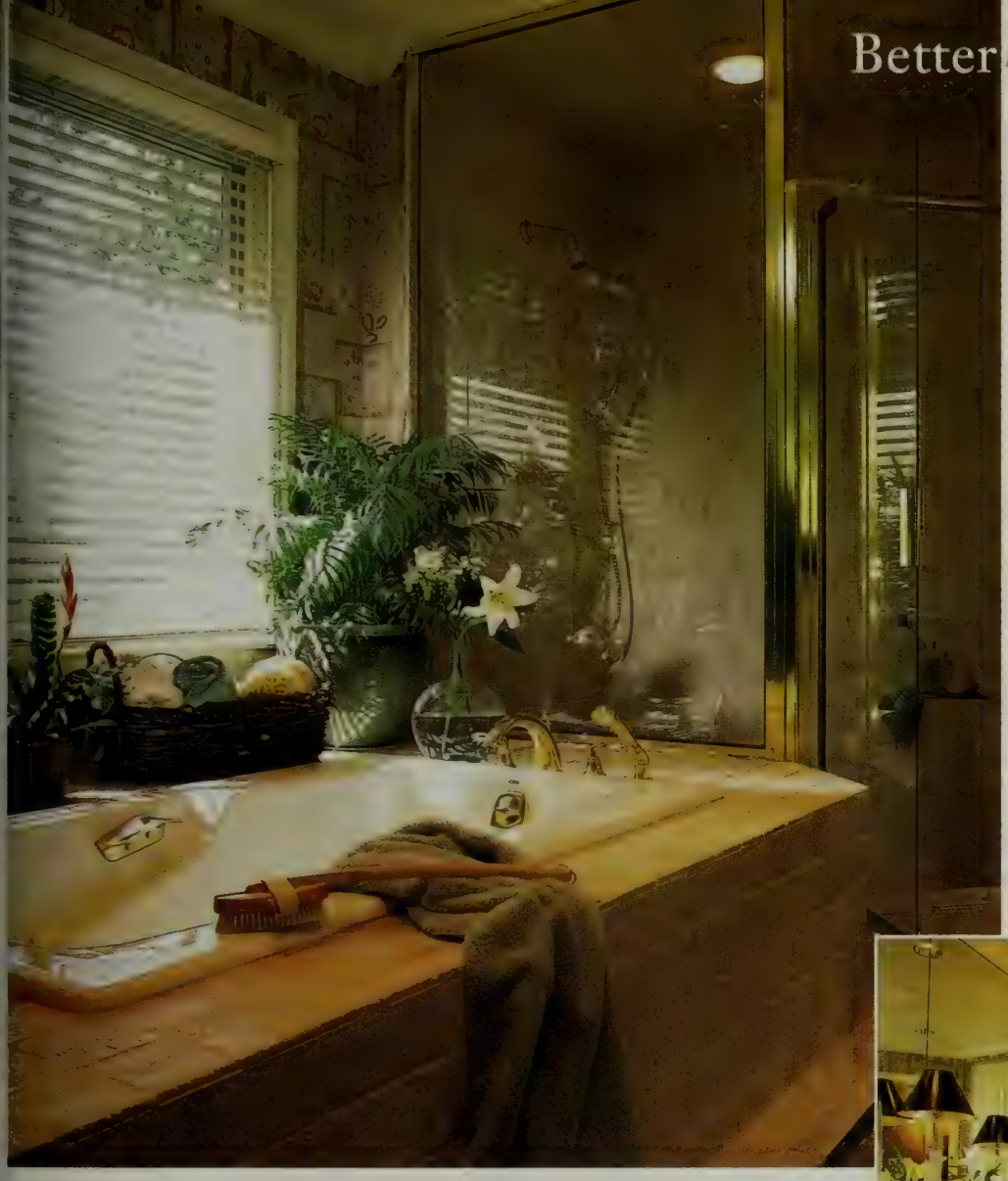


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The homeowners wanted shelves for plants, so they ordered the smallest jetted tub available (*left*) and set it in a wide-apron housing finished with imported tile.



The bathroom's counter (*above*) steps down to 30 inches to accommodate a vanity table and chair. It's a favorite spot to take morning coffee.

Warmth of the Sun

The shortcomings of 1940s housing are apparent today: Kitchens were hardly bigger than bread boxes back then, bedrooms were the size of shoe boxes, and bathrooms were so crunched for space that bathing and other common daily tasks were awkward and constrained instead of relaxing and pleasurable.

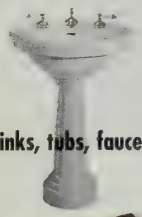
Such basic design flaws prompted an Illinois family to add this bathroom to their 1947 home during major renovations. "We wanted a bathroom suited to the late 20th century instead of the early 20th century," the homeowner says.

continued on page Z28

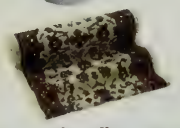
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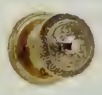
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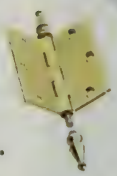
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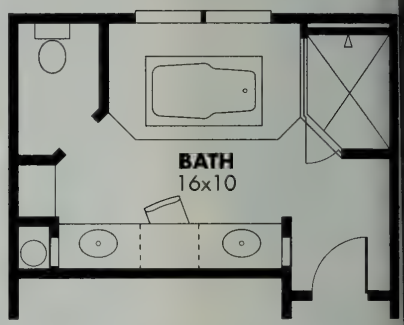
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Warmth of the Sun

continued from page Z27



The 16×11-foot bath (*above*) is positioned conveniently between a walk-in closet and the master bedroom.



The seemingly porous surfaces of the tumbled tiles (*above*) were filled with a sealer so moisture and spills can't penetrate.

One great advantage of the present is vast improvements to windows during the last five decades. The large, double-glazed window now positioned above the bathtub invites the view inside but not the winter cold. For added warmth, the south-facing glass soaks up the sun.

But solar heating isn't the only gain. Sunshine also creates highlights of shadow and light on the tumbled tile used for the vanity counter, tub surround, and shower stall.

continued on page Z31



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Pages Z3–Z6: cabinets—Cornerstone Fine Woodworking, Inc., 5809-238th St. SE., Woodinville, WA 98072; 206/483-7083. **Lighting**—Juno Lighting Inc., P.O. Box 5065, Des Plaines, IL 60017-5065; 800/323-5068. **Granite**—Allied Marble, 5219 Fourth Ave. S., Seattle, WA 98108; 206/763-1250. **Refrigerator**—Whirlpool Corp., 2000 U.S. 23 North, Benton Harbor, MI 49022; 800/253-1301. **Double ovens and cooktop**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202; 800/793-0093. **Sink**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521. **Microwave oven**—G.E. Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Cabinet pulls**—Hafele America Co., 3901 Cheyenne Dr., P.O. Box 4000, Archdale, NC 27263; 800/334-1873. **Paint**—Parker Paint Mfg. Co., 3326 Junett St., Tacoma, WA 98409.

NATURALLY CONTEMPORARY

Pages Z9–Z10: hanging pendant lights—George Kovacs Lighting, 67-25 Otto Rd., Glendale, NY 11385. **Sink**—Elkay Mfg. Co. (address above). **Faucet**—Kohler Co., Kohler, WI 53044; 800/456-4537. **Cabinetry**—Miller Wood Products, 8612 Park Ave., Bloomington, MN 55420. **Backsplash tile** (Crema Maron)—Rubble Tile, 6001 Culligan Way, Minnetonka, MN 55345; 800/682-3803 or 612/938-2599. **Refrigerator, cooktop, ovens**—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022; 800/422-1230. **Cooktop hood**—Vent-A-Hood Co., P.O. Box 830426, Richardson, TX 75083-0426.

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Pages Z14–Z15: windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128. **Paint,** "Peach" and "Linen White"—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862; 800/826-2623. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Cooktop**—G.E. Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Ovens**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202; 800/793-0093. **Dishwasher**—Asko, Inc., 903 N. Bowser, Ste. 200, Richardson, TX 75081-1805; 800/367-2444. **Cabinets**—Christopher Peacock Cabinetry, 151 Greenwich Avenue, Greenwich, CT 06830; 203/862-8580. **Floor**—Country Floors, 8735 Melrose Avenue, Los Angeles, CA 90069; 310/657-0510.

FAITHFUL SERVICE

Pages Z16–Z18: cabinets—Continental Kitchen Corp., 434 E. South St., Shelbyville, IN 46176; 317/635-4072. **Cabinet hardware**—L.B. Brass Ltd., 31-00 47th Ave., Long Island City, NY 11101; 718/786-8090. **Terra-cotta tile,** "Vinga Cotto" pattern in Baleno series—Walker & Zanger, Inc., 8901 Bradley Ave., Sun Valley, CA 91352; 818/504-0235. **Cooktop and ovens**—Viking Range Corp., 111 Front St., P.O. Drawer 956, Greenwood, MS 38930; 601/455-1200. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Microwave oven**—Sharp Electronics Corp., Sharp Plaza, Mahwah, NJ 07430-2135; 800/237-4277. **Dishwasher**—KitchenAid (address above). **Sink and faucet**—Elkay Mfg. Co. (address above). **Windows**—Pozzi Wood Windows Co., P.O. Box 5249, 62845 Boyd Acres Rd., Bend, OR 97708; 800/821-1016. **Hanging lamps**—Elk Lighting Inc., P.O. Box 37, Coaldale, PA 18218; 717/645-2148. **Pot rack, pots, tea kettle**—Williams-Sonoma, P.O. Box 7456, San Francisco, CA 94120-7454; 800/541-2233. **Blue spongeware jug, plates, bowl**—Bennington Potters, 324 County St., Bennington, VT 05201; 802/447-7531. **Table, chairs, tabletop, accessories**—H. Kogan Antiques & Lighting, 195 S. Main St., Zionsville, IN 46077; 317/873-4208.

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Pages Z21–Z24: cabinets—Downsview Kitchens, 2635 Rena Rd., Mississauga, Ontario, Canada L4T1G6; 905/677-9354. **Granite countertops**—Boston Tile & Terrazzo Co., 23740 Grand River,

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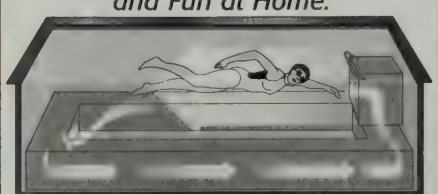
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Pages Z27–Z28: tub—Kohler Co., Kohler, WI 53044. **Faucets**—Jado, P.O. Box 1329, Camarillo, CA 93011; 800/227-2734. **Marble**—Tithof Tile & Marble, 1665 Old Skokie Rd., Highland Park, IL 60035. **Wallpaper**—Clarence House, Ltd., 211 E. 58th St., New York, NY 10022; 212/752-2890. **Windows**—Pella Corp., 102 Main St., Pella, IA 50219; 800/348-3344. **Plantation blinds**—Nanik of Spring, Window Fashions Div., P.O. Box 1766, Wausau, WI 54402-1766; 800/422-4544. **Rug**—Village Carpets, 924 Green Bay Rd., Winnetka, IL 60093; 708/446-3800. **Cabinets**—Wood-Mode, Inc., One Second St., Kreamer, PA 17833; 717/374-2711. **Chair**—Ethan Allen, Inc., P.O. Box 1966, Danbury, CT 06813-1966; 800/228-9229. **Lamps**—Neiman Marcus, 1618 Main St., Dallas, TX 75201; 800/825-8781. **Recessed lights**—Juno Lighting, Inc., P.O. Box 5065, Des Plaines, IL 60017-5065; 800/827-9880.

Architects & Designers

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Pages Z3–Z6: builder—Shirey Contracting, Inc., 1042 W. Lake Sammamish Rd. SE, Bellevue, WA 98008; 206/747-3001. **Designer**—Kristen Marie Schuerlein, 1042 W. Lake Sammamish Rd. SE, Bellevue, WA 98008; 206/747-3001.

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Pages Z9–Z10: architect—Tim Bjella, AIA, Arteriors Architecture, 2115 Morton Rd., Wayzata, MN 55391; 612/476-0486.

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Page Z14–Z15: designer—Louise Brooks, Gullans & Brooks Assoc., Inc., 181 Ferris Hill Rd., New Canaan, CT 06840; 203/966-8440.

FAITHFUL SERVICE

Pages Z16–Z18: architect—Barry F. Smith, AIA, Gunn-Smith, 170 S. Main St., Zionsville, IN 46077; 317/873-6616. **Kitchen designer**—Lu Ann Porter, Carmel Kitchen Specialists, 606 Station St., Carmel, IN 46032; 317/844-3975. **Interior designer**—Sandi Kerns, 3556 Brumley Mews, Carmel, IN 46033; 317/844-4170.

ON A PEDESTAL

Pages Z21–Z24: architect—Don Paul Young, Young & Young Architects, Inc., 1542 N. Woodward Ave., Birmingham, MI 48304; 810/646-4900. **Interior designer**—Edward R. Born & Assoc., 801 S. Adams, No. 212, Birmingham, MI 48009; 810/642-4040. **Kitchen planner**—Kitchen Studio, 355 S. Woodward Ave., Birmingham, MI 48009; 810/645-0410.

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Our rose features buds with high centers that are perfect for cutting. Bushes produce large, tall plants about 5½ feet high. The foliage is large and dark green in color with a leathery texture. Strong stems produce single blooms, and production of flowers is continuous throughout the season. Blooms have a slightly fruity fragrance. Bushes require a minimum of care; are above average in

Spring Bouquet Pillow



A small, personalized pillow is like a calling card left in a stack of white linen. For this monochromatic scheme, we used a variety of lace ruffles to create a lush, layered effect.

Add a breath of springtime to any room of your home with this **Bouquet of Flowers Pillow**. Our quick and easy craft kit features silk ribbon embroidery on a ready-to-use premade pillow cover. Just stitch it, stuff it, and show it off.

This kit, manufactured by Banar Designs, is available exclusively from the pages of *Better Homes and Gardens®* magazine and is not available in retail stores. Each kit comes with a full-color photo, presewn 10×12-inch pillow cover with 2-inch ruffle, silk ribbon, embroidery floss, needle, pattern, and step-by-step instructions. You furnish pillow form or batting. The price of the kit is $29.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Mastercard, Visa, or American Express card, call toll free 800/881-4066. To order by mail, send a check or money order for $29.95 to: *Better Homes and Gardens®* Reader Shopping Service, Dept. D9704, Box 9128, Des Moines, IA 50306-9128.

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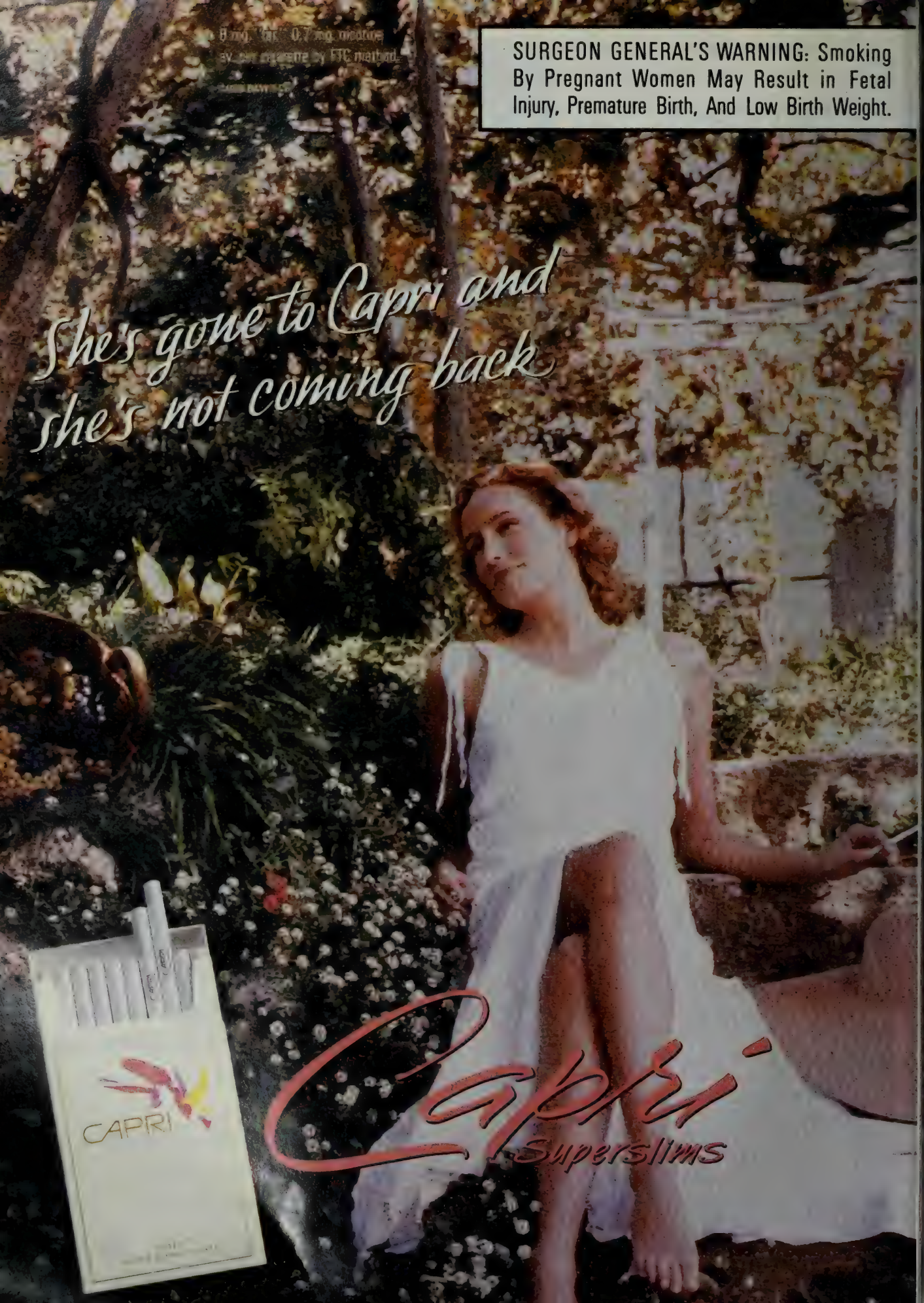
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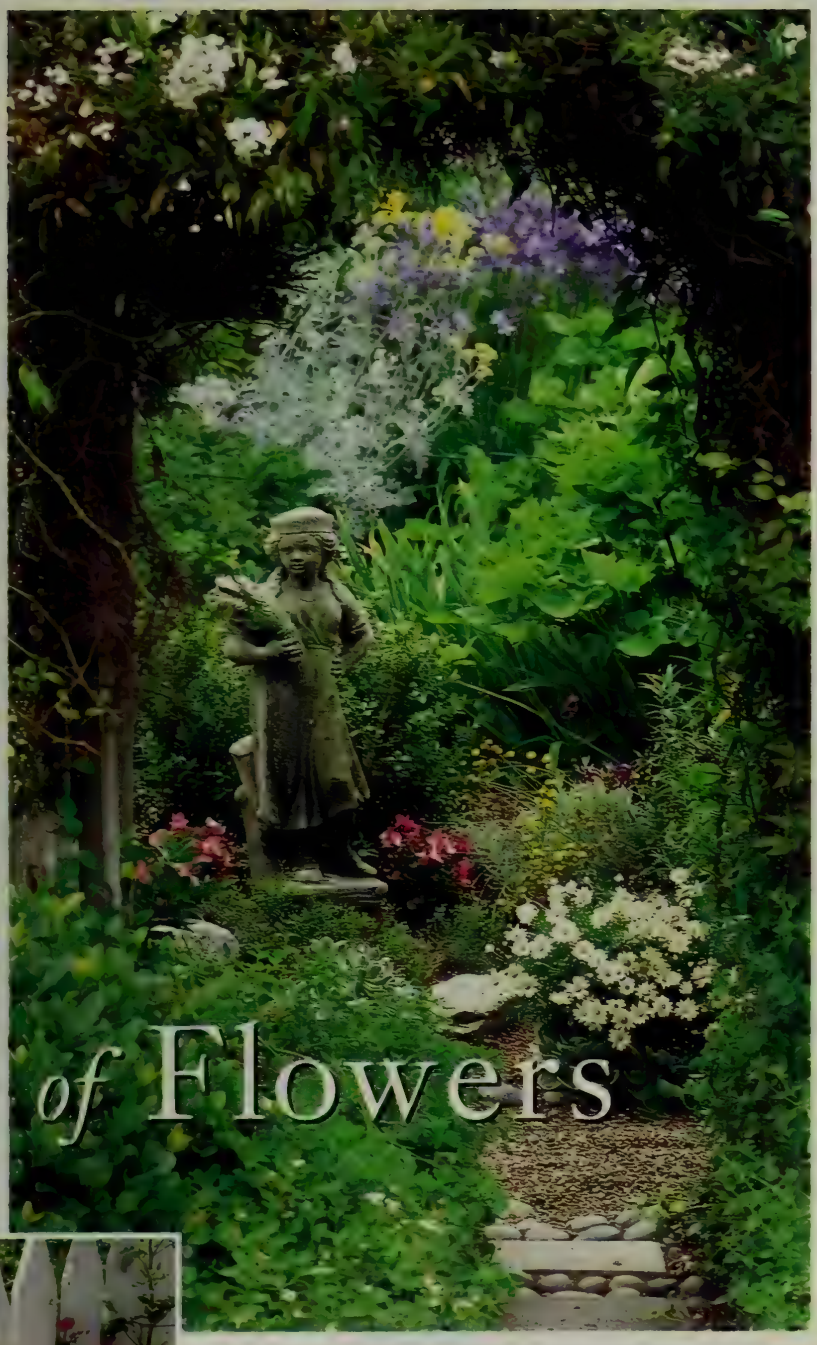
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To add another perspective to flowering vines, think of them as a peculiar kind of perennial, or annual, that grows really, really tall. That done, you can add another perspective, or two or three, to your garden.

Towers *of* Flowers

By Craig Summers Black





A blossom-filled arbor can frame a view of your yard and offer a welcome. A potato vine (*Solanum jasminoides*) provides an entry arch to a former decorator's cottage-style garden in the San Diego area (*above*).

Even something as simple as a white picket fence can serve as a planting structure, as in this Portland, Oregon, garden (*left*). The rose is William Baffin, a super-hardy Canadian climber whose fragrant blossoms unfurl all season long.

continued on page 126

Towers *of* Flowers

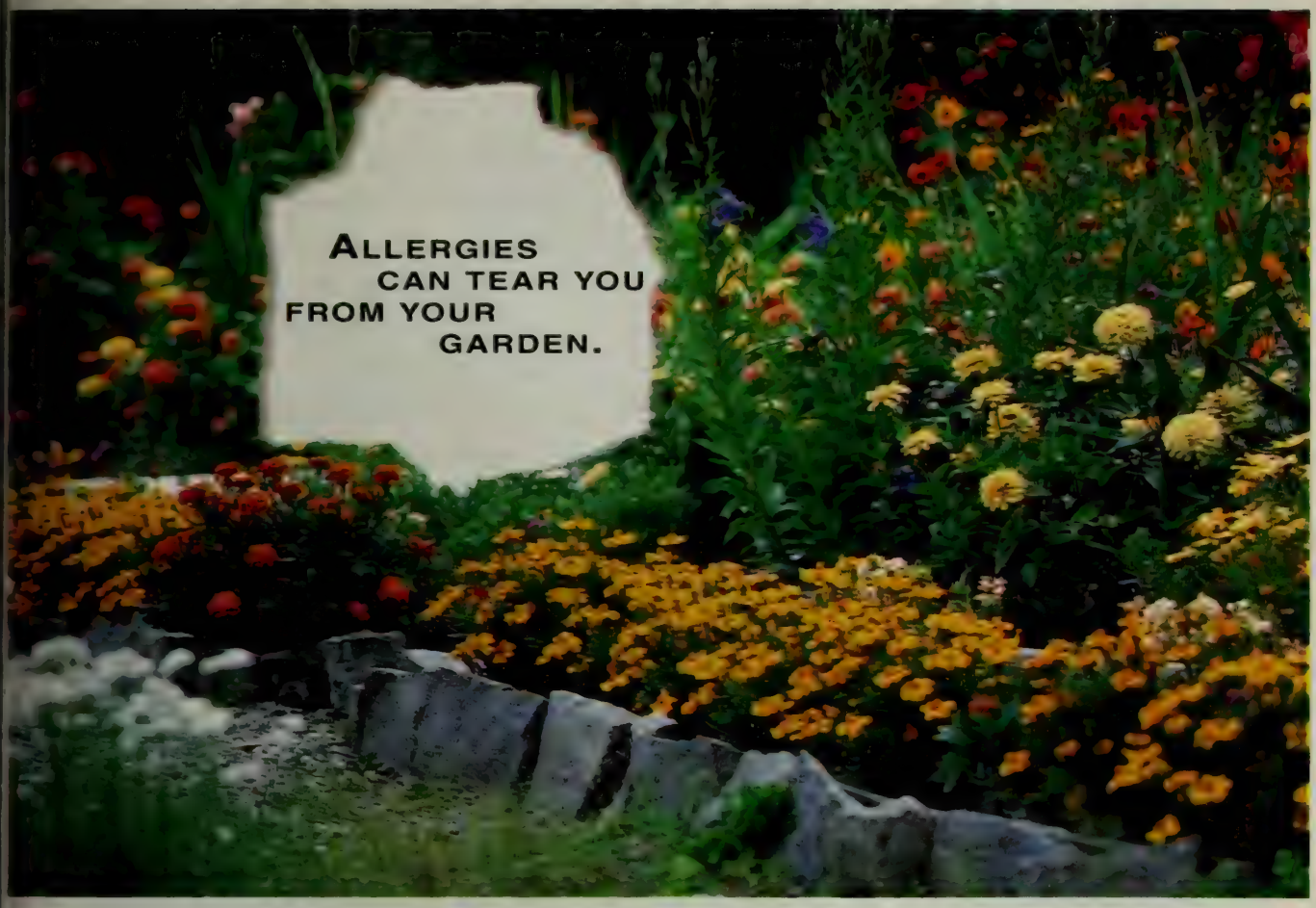


Arbors and trellises do wonderful things, but really almost anything can act like an arbor or a trellis. And a vine pole can be any old stick in the ground with lofty aspirations.

Alternatives to classic, and sometimes pricey, landscape structures can be anything near and dear to you—say, grandpa's hayloft ladder. Or some curio that you picked up scavenging—maybe an ornate but companionless ironwork headboard. Then again, maybe your version of a trellis is just something you keep around for laughs—would that patio

continued on page 128

The entry arch to this hillside home is awash in roses. DeDe and Joe DeJager planted the climbing tea rose Paul Transon on the wrought-iron in their Pacific Northwest landscape and surrounded it with Buff Beauty, David Austin's Heritage, and many, many others. Before this, their first experiment in vertical gardening, the DeJagers were confronted with a front yard of juniper and ivy—"freeway plantings," as they now refer to them. These days, DeDe says, "I adore any kind of trellis," and their gardens are well populated with trellises, arbors, and vine poles for other colorful climbers.



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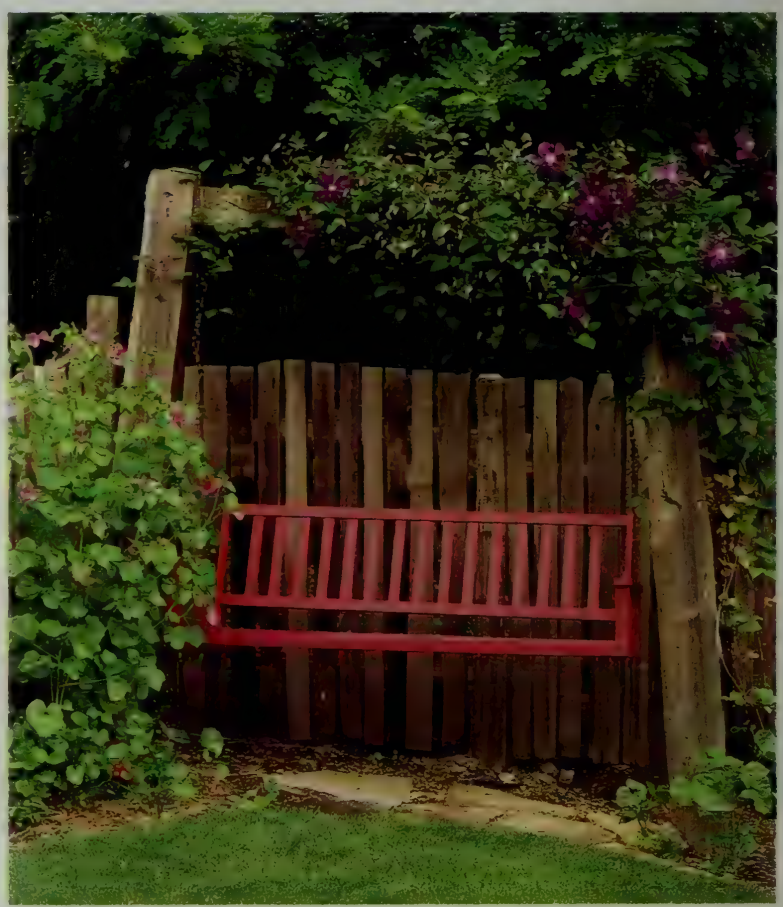
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Towers *of* Flowers

continued from page 126

umbrella that lost its canvas work? Only you can say for sure.

Some of the nicer things that arbors and trellises do, no matter what their origins: • They put a maximum of flowers in a minimal amount of real estate. • They make flowers appear right before your eyes. • They make fragrance waft just about nose-high. • They provide vertical accent in a "two-dimensional" world. • They can frame views, and they can obscure them. • They can cover an eyesore in flowers. •And, if you consider a tree a trellis (and you should), you can put blossoms of any color you choose where nature may have meant to but didn't.



This little garden refuge is cloaked in Jackmanii clematis, which twines up and over the brightly painted swing. Stephen and Meg Carruthers painted the swing red to match some dazzling Sevillana Meidiland roses in a nearby border of their Portland, Oregon, backyard. Lavatera Silver Cup anchors a post. The swing began life as a bench, a wedding gift to the Carrutherses. The posts were salvaged.

continued on page 130

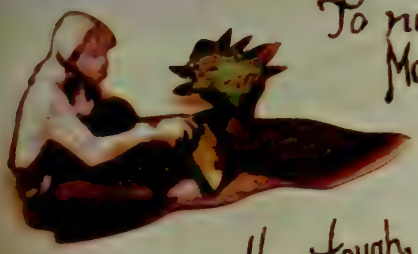


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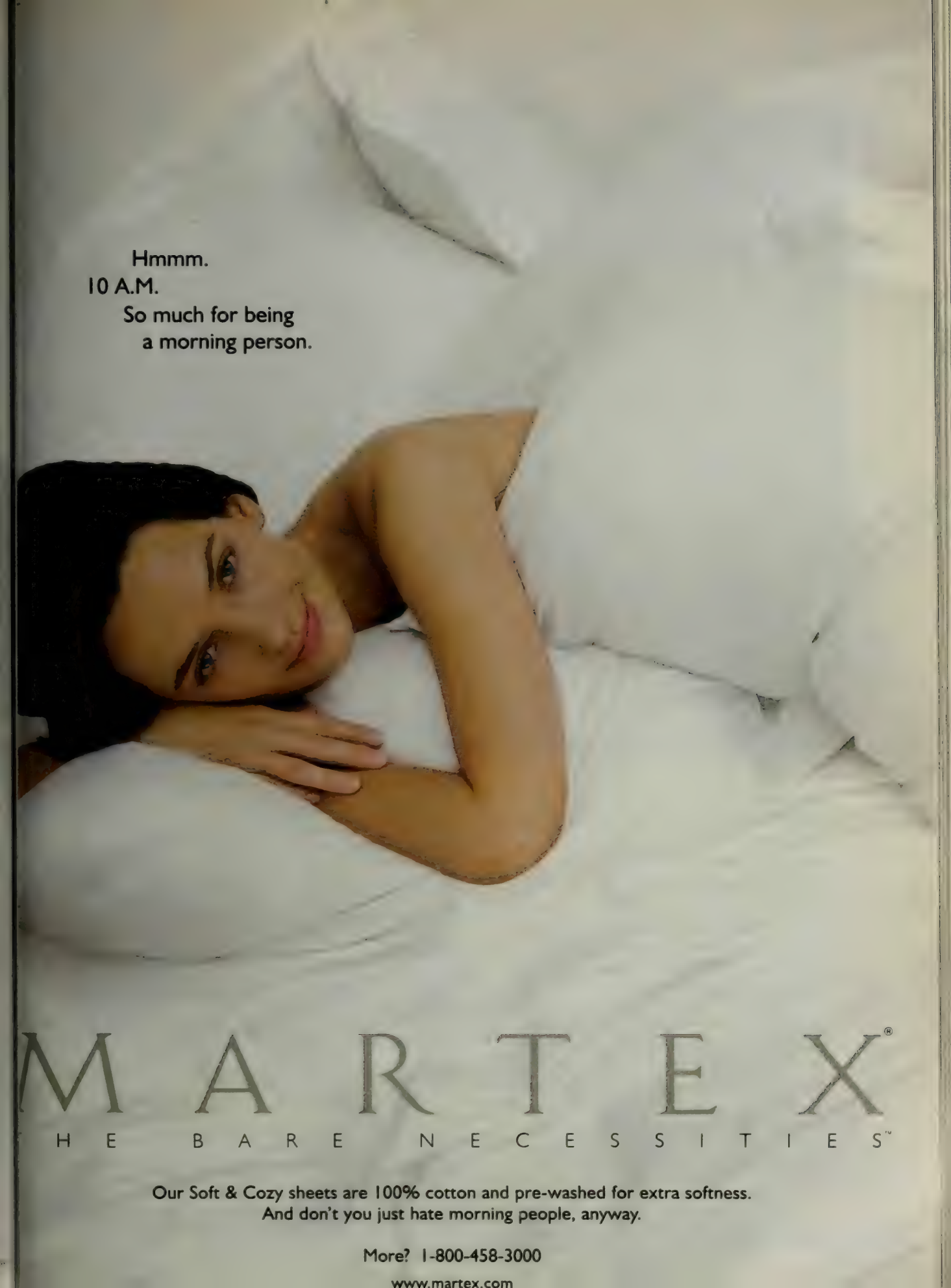
Towers *of* Flowers



Considering a rose-filled bower? Remember that roses don't cling tightly to arbors—you'll need to build high and wide so that you won't get snagged by wayward canes. And think about planting Iceberg, which is almost thornless.

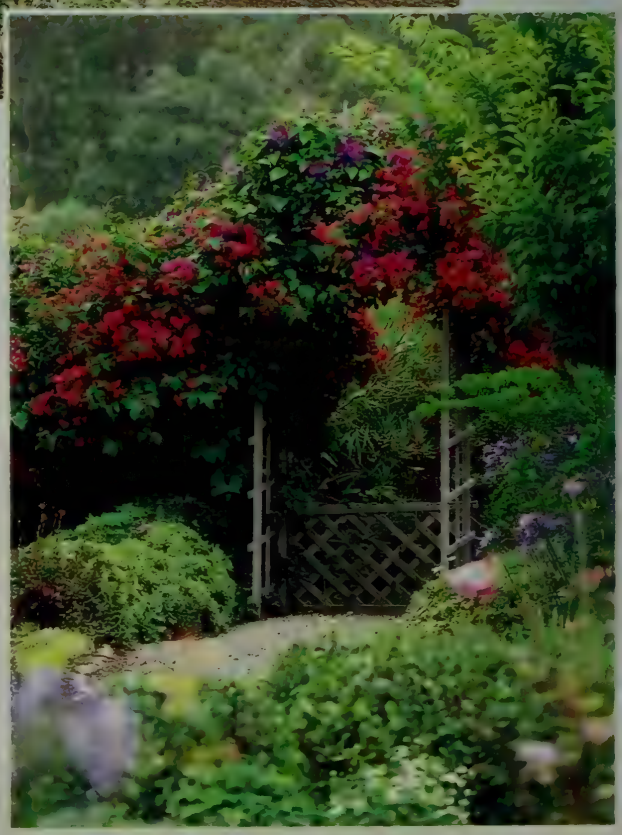
The side yard in this Atlanta landscape gets extended use with a scalloped fence and classic arbor yielding fistsful of fragrant roses thrust squarely at your nose. This climber, the ubiquitous Blaze, is another hardy ever-bloomer. "I wanted to make a good statement when you go up the driveway," says Russell Hawkinson, the designer. "It hits you. With other flowers of lighter colors in that area, I knew the Blaze would show off well." The arbor is unpainted, pressure-treated pine—maintenance-free.

continued on page 132


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Towers *of* Flowers





This outdoor room has a roof—a canopy of grape leaves that gets denser and denser as the sun gets hotter and hotter (*above*). Oregon gardener Courtney Goodmonson and her son, Joel, redesigned their whole yard, transforming an ordinary lawn-and-shrub plot into a retreat replete with cozy benches and comfy cushions. Courtney says she takes credit for "the lion's share of the construction, carpentry, bricklaying, and painting."

Doubly delicious, an arbor of tender bougainvillea is entwined with morning glory in this Pacific Northwest garden (*right*). Like roses, bougainvilleas do not twine and must be tied for support. For a companion to climbing roses, consider clematis.

continued on page 134

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Towers *of* Flowers





Don't think of them as run-of-the-mill beanpoles. Think of them instead as vertical accents. Even rampant nasturtiums seem to want a leg up in Renae Harris's color-filled and whimsical herb garden in Seattle.

Stairway to heaven? Yes, if you're Popeye. Clayton, Missouri, gardener Caroline Blydenburg lets her summer spinach vine climb a few rungs. Up and at 'em!

continued on page 136







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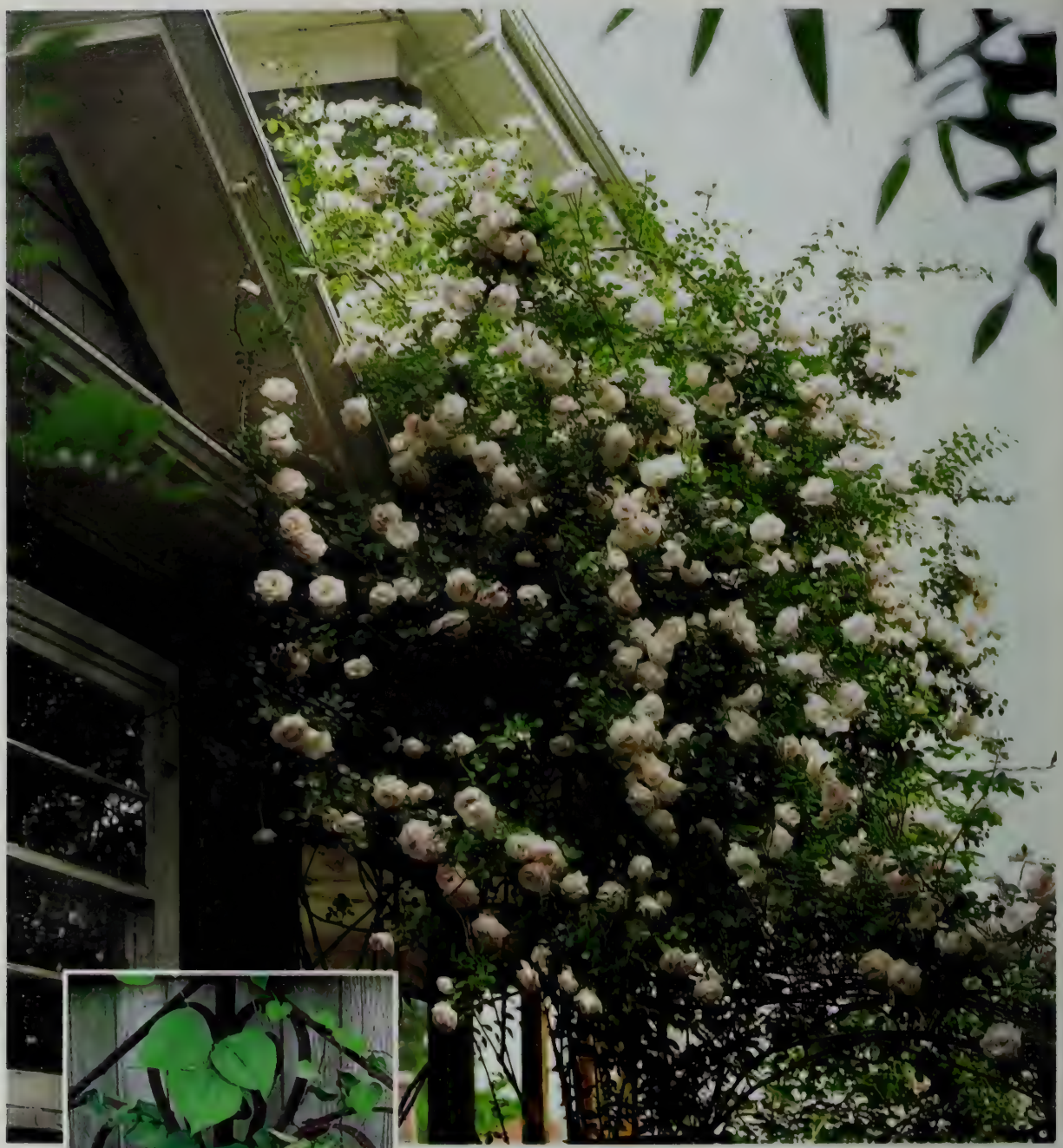


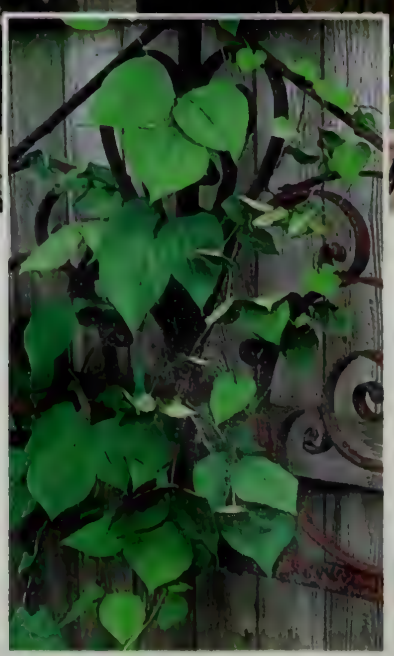
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Towers *of* Flowers





A house is more than a home when it's also a trellis. Rosarians Wayne Hughes and Danny Hills grow Dr. Walter Van Fleet up the side of their Portland, Oregon, house (*above*). Unlike stranglers such as wisteria, roses won't tear into the woodwork or pull sections off your home. Mature roses do need to be strongly supported.

Vegetables get vertical, again in Caroline Blydenburg's Midwest garden (*left*). A rusty but trusty gable grille supports a dinner-to-be. Call it a hill of beans.

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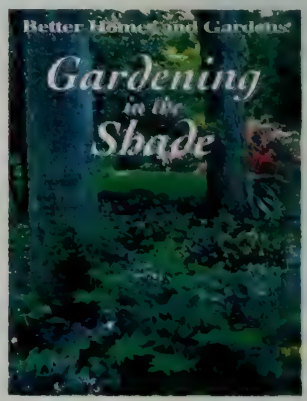
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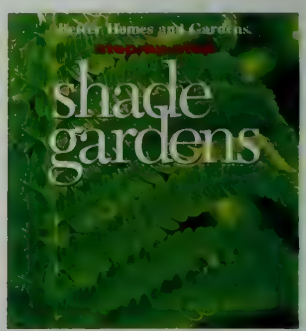
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Gardening in the Shade is a comprehensive source for choosing, growing, and caring for plants in shady environments. The 192-page hardcover book features 275 color photographs and an encyclopedia of more than 250 plants with descriptions and planting particulars. The price of the book is $29.95, which includes shipping, handling, and applicable sales tax.



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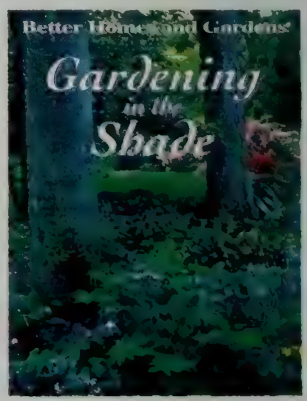
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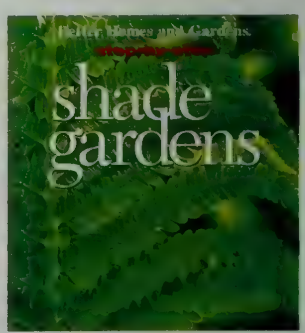
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So if, like Laura, hours of weeding isn't part of your dream summer, look for the bright yellow containers with the red caps in your local garden store. And let **Preen** and **Preen 'n Green** introduce you to the world of weed-free gardening.

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LOUIS RICH. What'll you make of it?

by Craig Summers Black and Mark Kane

EDITOR'S CHOICE

A chameleon climber. The cup-and-saucer vine (*Cobaea scandens*) makes a splendid summer screen. It grows quickly, soon becoming sturdy and lush—dense even. The flowers come at you from all sides in wonderfully cooling colors, just right to counter the excesses of summer. Blossoms start off cream or greenish-white and proceed to a strong purple, the vine blooming from midsummer to frost. (A pure white cultivar also exists, as does a fairly rare variegated form.) In most locales, the warm-loving cobaea is considered an annual and is a good subject to start from seed indoors. Soak the seeds overnight in warm water set on a heat vent or atop the fridge. Plant the seeds on edge, with a bit of the top edge exposed. Outdoors, place in a warm but fairly sheltered location.

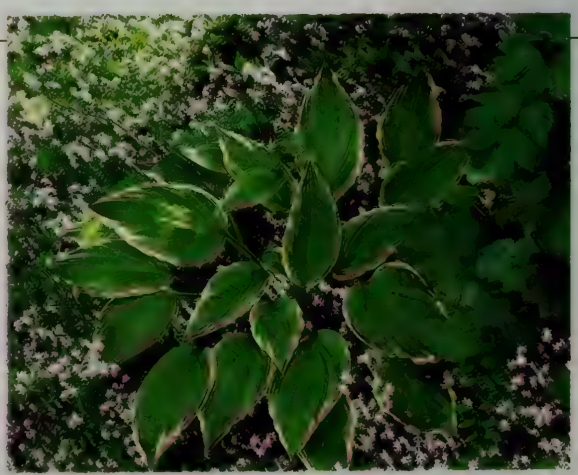


Cup-and-saucer turns from greenish-white to deep purple

PERFECT PAIR

Dappled Dumplings

Our combo coverage continues with this shady duo. The glossy-leaved, dome-shaped hosta (*center*) is *Hosta fortunei* Albomarginata. The froth of tiny blossoms is sweet woodruff (*Galium odoratum*). Nice, huh? It gets better: The hosta's variegation is a bit unstable, with some leaves being nearly half-white and others staying stubbornly icy-tipped—great for the casual nature of a woodland garden. Woodruff is a fast-spreading perennial ground cover. "Odoratum"? All parts are fragrant. Oh, and that's bleeding heart peeking in from the corner.



continued on page 144



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TEST GARDENER

Growing Up

Kids are natural-born gardeners. It's just that "Travis, come help me weed, honey" is an invitation to disaster. Here are some ideas to get the kids alongside you in the garden. • Grow some wacko-shaped gourds, especially those 4-foot-long ones, in a kid-sized, tunnel-shaped hoop arbor. • Grow some monster plants: sunflowers as tall as houses, softball-sized tomatoes, VW-sized pumpkins. • Grow a pizza-shaped patch with "slices" of real ingredients like basil and goofy look-alikes such as marigolds for cheese.

Let your child "write" her name with annuals.



Kids enjoy sunflowers because of the instant reward—they grow fast. *BH&G* test gardener Andy Rocchia shows a friend how to scratch her name on a young pumpkin. As the pumpkin grows, so will her name, making for a giant signature come Halloween.



LOOKING GOOD

A Wall of Flowers

Whether you're short of space, trying to hide an eyesore, breaking up a monolith of a wall, or simply trying to erect some privacy screens, a well-tempered trellis can lend support to innumerable wall flowers. This moonflower (*left*) has already partially obscured the neighbor's garage in this Midwestern garden, still leaving revealed the classic nature of the trellis itself. By summer, however, white blossoms will cover the structure, yielding fragrance squarely at nose height.

TRELLIS PLAN OFFER: You can build this trellis from our easy-to-use project plan. The professionally drawn blueprint is available only from *Better Homes and Gardens®* magazine and is not available in stores. Each plan contains a photograph of the finished project, a complete list of materials to get you started, construction diagrams, full-size patterns for curved pieces, and clearly written instructions to take you step by step through the project. **TO ORDER,** send a check or money order for $12.95 to *Better Homes and Gardens* Reader Shopping Service, Dept. 9704, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066. The price of the plan includes shipping, handling, and applicable sales tax.

Buying information, page 120



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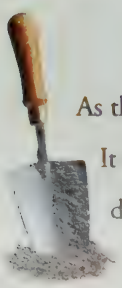
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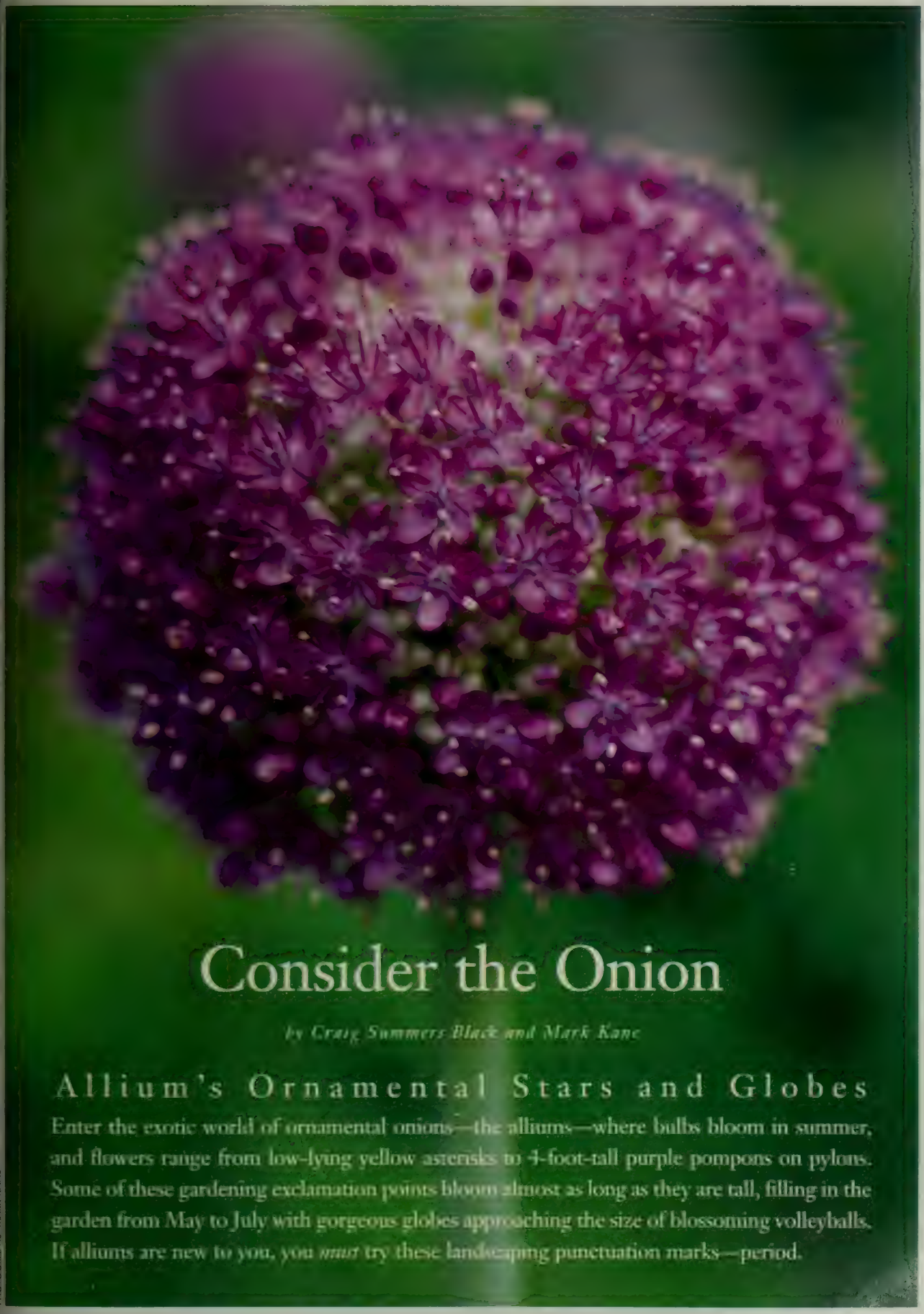


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Consider the Onion

by Craig Summers Black and Mark Kane

Allium's Ornamental Stars and Globes

Enter the exotic world of ornamental onions—the alliums—where bulbs bloom in summer, and flowers range from low-lying yellow asterisks to 4-foot-tall purple pompons on pylons. Some of these gardening exclamation points bloom almost as long as they are tall, filling in the garden from May to July with gorgeous globes approaching the size of blossoming volleyballs. If alliums are new to you, you *must* try these landscaping punctuation marks—period.

PHOTOGRAPHS MARK KANE

Consider the Onion



Allium moly

Moly is one of the shorter alliums, but its yellow starlike flowers catch the eye all the same. "Allium" means "garlic," and moly is often called golden garlic or society garlic. It is a vigorous naturalizer that can brighten the front of beds and borders and is equally at home in the rock garden. Picture it with blue Dutch irises or among some red-leaved ajuga.

Allium ostrowskianum

Ostrowskianum, sometimes listed as oreophilum, is similar to but slightly shorter than allium moly and, as you can see, it blooms a vibrant carmine pink. While moly usually blooms in late May, ostrowskianum flowers a little longer and a little later. The two can be nicely intermingled, especially in great drifts. Both are hardy to minus 30 degrees.



Planting an ornamental onion

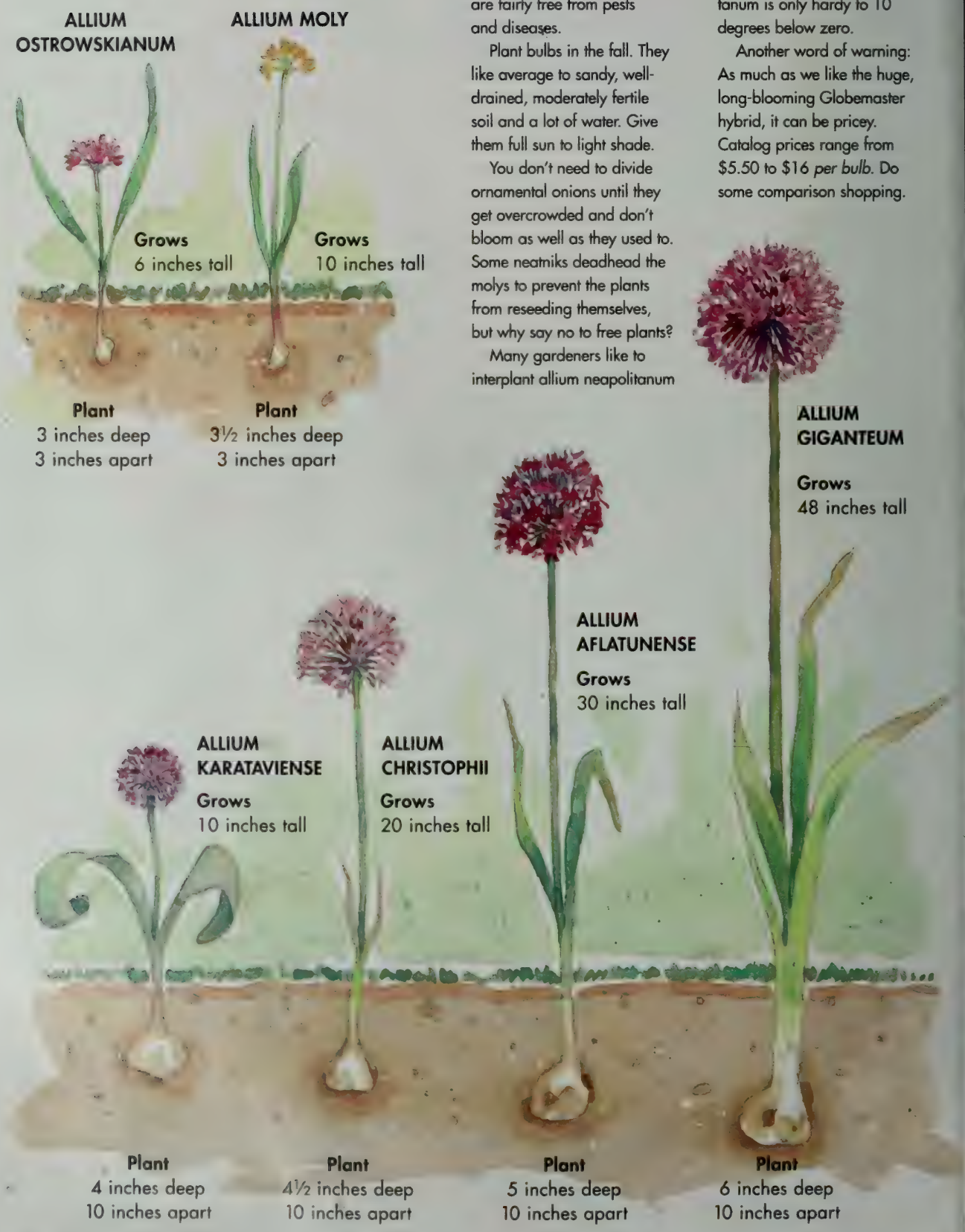
Alliums are tolerant of most garden conditions and are fairly free from pests and diseases.

Plant bulbs in the fall. They like average to sandy, well-drained, moderately fertile soil and a lot of water. Give them full sun to light shade.

You don't need to divide ornamental onions until they get overcrowded and don't bloom as well as they used to. Some neatniks deadhead the molys to prevent the plants from reseeding themselves, but why say no to free plants?

Many gardeners like to interplant allium neapolitanum with moly and ostrowskianum, but be advised that neapolitanum is only hardy to 10 degrees below zero.

Another word of warning: As much as we like the huge, long-blooming Globemaster hybrid, it can be pricey. Catalog prices range from $5.50 to $16 *per bulb*. Do some comparison shopping.



Consider the Onion



Allium giganteum takes command, flowering in this Iowa landscape as the seedheads of the bygone allium aflatunense bob in the background. That's salvia May Night up front, providing a complementary blue hue in another vertical form.

Consider the Onion



Allium karataviense

The karataviense is unusual for an allium in the decorative nature of its broad gray-purple leaves, which have violet [illegible] and a reddish border. The [illegible] white to pale [illegible] flower [illegible] in June—and [illegible] sweetly fr[illegible] Hardy to minus [illegible]



Allium gigante[illegible]

This is the most towering of these ornamentals—4 feet tall, in some instances even 5. The globes are 7 to 8 inches in diameter. They're big in the garden and look even bigger in your cutting vase. The Globemaster hybrid is shorter—40 inches tall—but its globes rival Replogle at 10 inches across. Hardy to minus 25.



Allium christophii

Christophii is sometimes called allium albopilosum, or the Star of Persia. It also has huge 10-inch spheres, but on a 20-inch plant. Its flowering stars are pinkish-purple with a silver cast. The leaves are either silky or hairy, depending on your perspective. Flowers in late May. Hardy to at least 30 below.



Allium aflatunense

The Persian onion, as aflatunense is sometimes called, has dainty-by-comparison 4-inch flower clusters. Because of its small umbels, you can get away with planting lots of these. Its straplike leaves go kaput as the plant blooms in May, so hide its feet in beds that already have foliage that early. Hardy to 30 below.

Consider The Onion

In the Garden

Here's a look at the *BH&G* Test Garden in the spring. The early-for-an-allium aflatunense is blooming in the stratosphere while not much of note is going on down below in the garden. Note the Asiatic lilies and black-eyed Susans rising in the foreground, a sea of promising green that floats wands of lilac-purple.

Bringing Ornamental Onions into Your Home

As you might imagine, alliums make striking cut and dried flowers. But because they are related to garlics, onions, leeks, and shallots, they do give off an oniony smell when bruised or cut. Do not be alarmed; your home will not smell like a burger joint. The smell quickly goes away when the stems are placed in water. The neapolitanum also has a light, sweet fragrance that, thankfully, does linger.

And just as the declining flowers add an otherworldliness to your garden's beds and borders, so too do the larger puffballs give pizzazz to an arrangement of dried flowers. Some aficionados like to dye or spray their dried alliums, giving them vivid new personalities with not-found-in-nature hues; other gentler souls simply restore their onions to their original luster.

To order an allium collection, see page 139
Buying information, page 120

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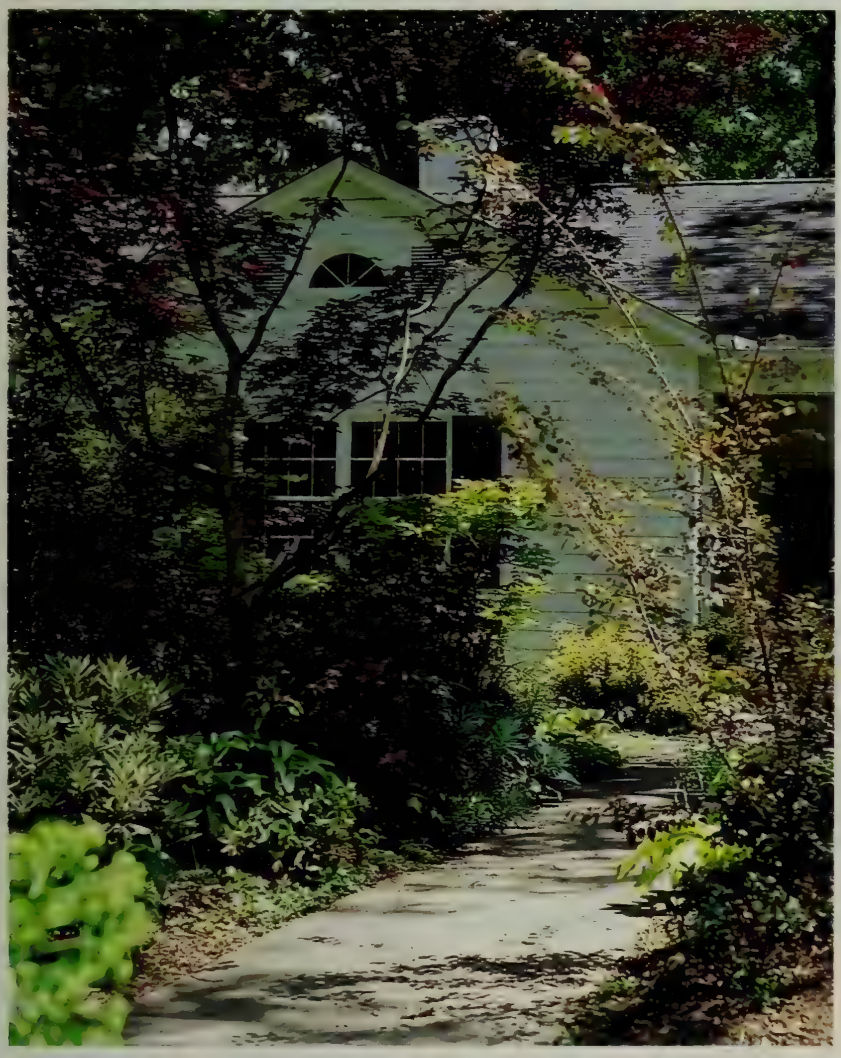
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Shade Gems



Dazzlers for the Shadows

by Craig Summers Black and Mark Kane

Even nearing the height of a South Carolina summer, John Elsley's yard feels cool and sheltered. Native oaks cast a protective shade around his white brick home, like a comforting arm around the shoulder. And underneath this reassuring canopy lies a garden—a woodland cocoon to ward off the intrusions of a residential neighborhood, a mystery of shadow and light and color, a garden where the loudest sound is not traffic, but birds hopping on mulched paths.

continued on page 158

PHOTOGRAPHS: MARK KANE (EXCEPT WHERE NOTED)



Daz[illegible] the Shadows

Helleborus Rural Heritage

Although John's garden has direct sun for less than two hours a day, he doesn't have to do without flowers. Hellebores such as this Rural Heritage (*left*) flower early, last for weeks, and then preen the rest of the year with their leathery dappled foliage. Hellebores are easy to grow and remarkably pest- and disease-resistant. "Hostas and hellebores are my two favorites," says John.



Helleborus foetidus

John grows this particular Lenten rose (*right*) throughout his garden, allowing it to self-seed just about wherever it pleases. Imagine John's British accent and diction as he calls it "a short-term perennial handsome in foliage." Like all hellebores, it requires light to full shade, well-drained soil, and lots of moisture. If you are wary of the "fetid" nature of this hellebore, rest assured it is only the roots that smell bad. Hellebores are a cold-hardy clan, usually weathering 40 below zero, although this one is of meeker stock, braving only minus 20.

Hosta sieboldiana Elegans

"This hosta is a bold feature I put very close to the front door," says John. "It's an old variety, but I still think it's one of the best." Elegans is a huge, sumptuous cultivar with a blue cast to its seer-suckered leaves. Its near-white flowers bloom just above leaf-top. This hosta also is not very particular about where you plop it, accommodating more sun than most blues and a broad range of watering.





Aquilegia chrysantha

"This is sort of a surprise plant to me in that it does so well in shade," says John. "It blooms for an awful long time. And that yellow color kind of lightens up the shade." This long-spurred Rocky Mountain wildflower is sometimes called golden columbine. Though a tad tall, try it in the front of a border.

continued on page 160

Dazzlers for the Shadows



Trilliums

The trilliums lutea (*far left*) and sessile (*near left*) are great secondary plants for the woodland garden. Once again, John likes the way the bold mottled foliage provides interest in his garden long after the flowers have gone by the wayside. PHOTOGRAPHS: DAVID MCDONALD



Maidenhair fern

The Adiantum pedatum (*below*), or Northern maidenhair, gives "an airy feeling, light and easy," says John. Two other attributes: It lends some height, growing up to 3 feet tall, and it is fairly drought-tolerant when established.



Dynamic Duos

Certain plants just look great together. Put some ferns next to some hostas and—*boom*—the landscape looks transformed. It has all the makings of a classic plant pairing.

John, the director of horticulture for the Wayside Gardens mail-order catalog, does some artful partnering all his own. Notice how the black mondo grass peeks out through the Kabitan hosta (*right*).

Other painterly shady pairings include:

- **Hostas and Siberian iris.**
- **Hostas and bleeding heart.**
- **Hostas and astilbe.**
- **Ferns and ginger.**
- **Ferns and lungwort.**
- **Ferns and arum.**

Foamflower

This *Tiarella cordifolia wherryi*, or Allegheny foamflower, makes a spectacular ground cover. It's runnerless and forms clumps, so it won't overrun low woodland wildflowers. And unlike many forest natives, the plant does not die down to the ground after flowering. Its toothy leaves look a little like maple, but with some dark veins or blotches. So once again John uses foliage to its best advantage, not relying on fleeting flowers.

PHOTOGRAPH: DAVID MCDONALD

continued on page 162



Goldenstar

Goldenstar (*Chrysogonum virgianianum*) is an easy ground cover—maybe too easy. It can be invasive, so plant it only where you are prepared to let it run rampant. Some forms bloom intermittently all the way through spring and summer. John likes to plant goldenstar along his paths, because the plant can stand up to a certain amount of foot traffic.

Dazzlers for the Shadows

Bright Spots

Your shade doesn't have to be dark. White, yellow, or pink flowers will lighten an area. But flowers are not forever. A lasting solution is to use hostas with foliage in the yellow, gold, or chartreuse range. And, by all means, try some of the variegated plants such as hosta Shade Fanfare (*left*), arum italicum, pulmonaria, ginger, or ajuga. On the subject of variegation, this rejoinder from John: "Make a strong, simple statement. Don't do a whole mass. One plant is often enough." Another bright spot: In darkest winter, a woodland shade garden loses its canopy and is at its sunniest.

Buying information, see page 120

To order a hosta collection, see page 138



Solomon's seal

John calls variegated Solomon's seal (*Polygonatum odoratum* Variegatum) "one of the best of all woodland plants. It is very graceful in form with a long season of interest. It is one of the few perennials with good fall color: Its leaves turn a buttercup yellow just before they collapse." Solomon's seal, too, is easy to grow, and it smells wonderfully of lilies.

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decorating Q&A





by Rebecca Jerdee, Catherine Kramer, and Sharon Overton

If you think the folks on our staff live in picture-perfect homes, think again. We've got our share of decorating problems (er, *challenges*). In fact, an office poll turned up familiar questions—the same ones we hear from you. Here's how we tackled them.

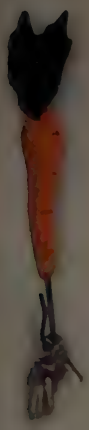


Q I like watching TV and listening to music. But I don't like staring at a bunch of black boxes and electrical cords. What can I do?

A **Editorial assistant Jennifer Ruiter's main problem was easy to solve: Find a charming but compact cabinet to stash the electronics in. Doing this not only eliminated the techno-clutter but addressed a second need: creating a pleasing focal point for the room. Moving the sofa to the opposite wall visually balances the picture window on the other side. A canvas floor screen hugs the space; a wicker chair adds a jolt of color and texture.**



Q My small kitchen has no room for an ample table. Can you suggest some ways to carve out eating space?



Although narrow, the existing table in health editor Martha Miller's kitchen took up valuable floor space. Replacing it with a flip-top bar and folding chair gives her a flexible eat-in option. Adding a round table on the adjacent sun porch offers a more permanent solution to Martha's dining dilemma. To better integrate the porch and the kitchen, we painted the floor in a bright checkerboard pattern, dressed the settee cushions in snappy stripes, and added sun-welcoming cafe curtains for privacy. Floor how-to, *page 177.*



Q My "parental provincial" hand-me-downs are looking dated. But I can't afford to replace everything at once. What first steps do you suggest?





A Building editor Steven Mumford had a solid foundation in his parents' furniture, but he needed to update the look to suit his more youthful style. We advised him to start with the basics: Invest in a classically styled sofa to replace the too-worn velvet model, reupholster the two sturdy chairs, and pull the pieces together with a sleek but budget-happy coffee table. Dark-colored wallpaper and a patterned area rug provide a dramatic backdrop, while fun accessories lighten the scheme.





Q My formal living room no longer fits my lifestyle. How can I create a more casual, intimate space that is comfortable for my family?

A Administrative assistant Silvey Barge's living room was designed with large-scale entertaining in mind. To create a more relaxed, cozy atmosphere, we suggested pulling the furniture into the center of the room (see floor plan, *page 178*). An area rug anchors the grouping and adds soft pattern. Simple slipcovers and lighter window treatments also freshen the look.



Q The cathedral ceilings in my suburban home dwarf my bedroom furniture. Is there any way to keep the openness but bring this room back down to earth?





A Soaring ceilings are a popular feature in new homes. But as managing editor Lamont Olson learned, they can cause a decorating dilemma. In his bedroom, an iron canopy bed helps to balance the airspace without looking too heavy. The bed's simple lines are in keeping with the home's contemporary architecture. A few well-chosen accents—simple bed curtains, a wooden bench, the woven rug, and a pileup of neutral pillows—add warmth without marring the clean look.





Q My bedroom is boxy and boring. How can I create some visual interest and a sense of airiness in this cramped space?



Even associate design editors occasionally need help with problem rooms. To break out of her box, Cathy Kramer hired a carpenter to construct a paneled wainscot and "built-in" headboard for instant architecture (to order project plan, *page 178*). Placing the bed at an angle and painting the woodwork gloss white helps open up the space. Hanging a blue-sky wallpaper over the wainscot creates an open-air illusion.

Q I'm ready to warm up my all-white walls. Can you suggest some subtle accent colors?





Q What can I do to add some pizzazz and personality to my tiny, kind-of-dull dining room?

A **Paint was an obvious answer to reader shopping specialist Diana Willits' "brownout" problem. But not on the walls. We kept her bright white walls for their openness and put fresh painted finishes on a new table and corner cupboard. The kickers: happy posters, new lighting, and artful dishes.**



Taking the color plunge for the first time can be daunting. To start slowly, stick to shades in the same color family. Or find colors with roughly the same visual intensity. Food editor Joy Taylor's eat-in kitchen and family room suggested a soft, pastel scheme. Painting the fireplace wall peach provides an accent punch; corn-silk yellow eases the transition to the family room. The colors are pulled from art and accessories.



Q Help! My dark, wood-paneled family room is stuck in the '70s. Do I dare paint the wood, or is there any hope for this disco-era den?



A Though it goes against the grain of many folks, painting wood paneling has charming results. For reader shopping manager Denise Scott, it was a key first step in her rec-room rehab. The ceiling remains woodsy for warmth and contrast. Lightweight fabric shades on the bank of windows counter the verticality of the paneling and diffuse the light. Inspired by her Victorian-style oak chairs, we added a curvy wicker sofa and antique game table, then covered a wing chair in red plaid for a bright color accent. Plants and plump pillows add coziness.

Buying information, page 120



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INDICATIONS AND USAGE ATROVENT® (ipratropium bromide) Nasal Spray 0.03% is indicated for the symptomatic relief of rhinorrhea associated with allergic and nonallergic perennial rhinitis in adults and children age 12 years and older. ATROVENT Nasal Spray 0.03% does not relieve nasal congestion, sneezing or postnasal drip associated with allergic or nonallergic perennial rhinitis.

CONTRAINDICATIONS ATROVENT® (ipratropium bromide) Nasal Spray 0.03% is contraindicated in patients with a history of hypersensitivity to atropine or its derivatives, or to any of the other ingredients

WARNINGS Immediate hypersensitivity reactions may occur after administration of ipratropium bromide, as demonstrated by rare cases of urticaria, angioedema, rash, bronchospasm and oropharyngeal edema.

PRECAUTIONS General ATROVENT® (ipratropium bromide) Nasal Spray 0.03% should be used with caution in patients with narrow-angle glaucoma, prostatic hypertrophy or bladder neck obstruction, particularly if they are receiving an anticholinergic by another route. Cases of precipitation or worsening of narrow-angle glaucoma and acute eye pain have been reported with direct eye contact of ipratropium bromide administered by oral inhalation.

Information for Patients Patients should be advised that temporary blurring of vision, precipitation or worsening of narrow-angle glaucoma or eye pain may result if ATROVENT Nasal Spray 0.03% comes into direct contact with the eyes. Patients should be instructed to avoid spraying ATROVENT Nasal Spray 0.03% in or around their eyes. Patients who experience eye pain, blurred vision, excessive nasal dryness or episodes of nasal bleeding should be instructed to contact their doctor. Patients should be reminded to carefully read and follow the accompanying PATIENT'S INSTRUCTIONS FOR USE.

Drug Interactions No controlled clinical trials were conducted to investigate drug-drug interactions. ATROVENT Nasal Spray 0.03% is minimally absorbed into the systemic circulation; nonetheless, there is some potential for an additive interaction with other concomitantly administered anticholinergic medications, including ATROVENT for oral inhalation.

Carcinogenesis, Mutagenesis, Impairment of Fertility Two-year oral carcinogenicity studies in rats and mice have revealed no carcinogenic activity at doses up to 6 mg/kg/day. This dose corresponds, in rats and mice respectively, to about 200 and 100 times the maximum recommended human daily dose (MRHD) on a mg/m² basis of ATROVENT Nasal Spray 0.03%. Results of various mutagenicity studies (Ames test, mouse dominant lethal test, mouse micronucleus test and chromosome aberration of bone marrow in Chinese hamsters) were negative.

Fertility of male or female rats at oral doses up to 50 mg/kg/day (about 1,660 times the MRHD on a mg/m² basis) was unaffected by ipratropium bromide administration. At doses above 90 mg/kg/day (about 3,000 times the MRHD on a mg/m² basis), a decreased conception rate was observed.

Pregnancy *TERATOGENIC EFFECTS Pregnancy Category B.* Oral reproduction studies were performed at doses of 10 mg/kg/day in mice, 100 mg/kg/day in rats and 125 mg/kg/day in rabbits. These doses correspond, in each species respectively, to about 160, 3,000 and 8,000 times the MRHD of ATROVENT Nasal Spray 0.03% in perennial rhinitis (252 mcg/day) on a mg/m² basis. Inhalation reproduction studies in rats and rabbits at doses of 1.5 and 1.8 mg/kg/day (about 50 and 120 times the MRHD on a mg/m² basis for each species, respectively) have demonstrated no evidence of teratogenic effects as a result of ipratropium bromide. At oral doses above 90 mg/kg/day in rats (about 3000 times the MRHD on a mg/m² basis) embryotoxicity was observed as increased resorption. This effect is not considered relevant to human use due to the large doses at which it was observed and the difference in route of administration. However, no adequate or well controlled studies have been conducted in pregnant women. Because animal reproduction studies are not always predictive of human response, ATROVENT Nasal Spray 0.03% should be used during pregnancy only if clearly needed.

Nursing Mothers It is known that some ipratropium bromide is systemically absorbed following nasal administration; however the portion which may be excreted in human milk is unknown. Although lipid-insoluble quaternary bases pass into breast milk, the minimal systemic absorption makes it unlikely that ipratropium bromide would reach the infant in an amount sufficient to cause a clinical effect. However, because many drugs are excreted in human milk, caution should be exercised when ATROVENT Nasal Spray 0.03% is administered to a nursing woman.

Pediatric Use Safety and effectiveness of ATROVENT Nasal Spray 0.03% in patients below the age of 12 years have not been established.

ADVERSE REACTIONS Adverse reaction information on ATROVENT® (ipratropium bromide) Nasal Spray 0.03% in patients with perennial rhinitis was derived from four multicenter, vehicle-controlled clinical trials involving 703 patients (356 patients on ATROVENT and 347 patients on vehicle), and a 1-year, open-label, follow-up trial. In three of the trials, patients received ATROVENT Nasal Spray 0.03% three times daily, for 8 weeks. In the other trial, ATROVENT Nasal Spray 0.03% was given to patients two times daily for 4 weeks. Of the 285 patients who entered the open-label, follow-up trial, 232 were treated for 3 months, 200 for 6 months, and 159 up to 1 year. The majority (>86%) of patients treated for 1 year were maintained on 42 mcg per nostril, two or three times daily, of ATROVENT (ipratropium bromide) Nasal Spray 0.03%.

The following table shows adverse events, and the frequency that these adverse events led to the discontinuation of treatment, reported for patients who received ATROVENT Nasal Spray 0.03% at the recommended dose of 42 mcg per nostril, or vehicle two or three times daily for 4 or 8 weeks. Only adverse events reported with an incidence of at least 2.0% in the ATROVENT group and higher in the ATROVENT group than in the vehicle group are shown.

	% of Patients Reporting Events[1]			
	ATROVENT Nasal Spray 0.03% (n=356)		Vehicle Control (n=347)	
	Incidence%	Discontinued%	Incidence%	Discontinued %
Headache	9.8	0.6	9.2	0
Upper respiratory tract infection	9.8	1.4	7.2	1.4
Epistaxis[2]	9.0	0.3	4.6	0.3
Rhinitis[3]				
Nasal dryness	5.1	0	0.9	0.3
Nasal irritation[4]	2.0	0	1.7	0.6
Other nasal symptoms[5]	3.1	1.1	1.7	0.3
Pharyngitis	8.1	0.3	4.6	0
Nausea	2.2	0.3	0.9	0

[1] This table includes adverse events which occurred at an incidence rate of at least 2.0% in the ATROVENT group and more frequently in the ATROVENT group than in the vehicle group.

[2] Epistaxis reported by 7.0% of ATROVENT patients and 2.3% of vehicle patients, blood-tinged mucus by 2.0% of ATROVENT patients and 2.3% of vehicle patients.

[3] All events are listed by their WHO term; rhinitis has been presented by descriptive terms for clarification.

[4] Nasal irritation includes reports of nasal itching, nasal burning, nasal irritation and ulcerative rhinitis.

[5] Other nasal symptoms include reports of nasal congestion, increased rhinorrhea, increased rhinitis, posterior nasal drip, sneezing, nasal polyps and nasal edema.

ATROVENT Nasal Spray 0.03% was well tolerated by most patients. The most frequently reported nasal adverse events were transient episodes of nasal dryness or epistaxis. These adverse events were mild or moderate in nature, none was considered serious, none resulted in hospitalization and most resolved spontaneously or following a dose reduction. Treatment for nasal dryness and epistaxis was required infrequently (2% or less) and consisted of local application of pressure or a moisturizing agent (e.g., petroleum jelly or saline nasal spray). Patient discontinuation for epistaxis or nasal dryness was infrequent in both the controlled (0.3% or less) and 1-year, open-label (2% or less) trials. There was no evidence of nasal rebound (i.e., a clinically significant increase in rhinorrhea, posterior nasal drip, sneezing or nasal congestion severity compared to baseline) upon discontinuation of double-blind therapy in these trials.

Adverse events reported by less than 2% of the patients receiving ATROVENT Nasal Spray 0.03% during the controlled clinical trials or during the open-label follow-up trial, which are potentially related to the local or systemic anticholinergic effects of Atrovent include: dry mouth/throat, dizziness, ocular irritation, blurred vision, conjunctivitis, hoarseness, cough and taste perversion. Additional anticholinergic effects noted with other ATROVENT dosage forms (ATROVENT® Inhalation Solution, ATROVENT® Inhalation Aerosol, and ATROVENT® Nasal Spray 0.06%) include: precipitation or worsening of narrow-angle glaucoma, urinary retention, prostatic disorders, tachycardia, constipation, and bowel obstruction.

There were infrequent reports of skin rash in both the controlled and uncontrolled clinical studies. Other allergic-type reactions such as angioedema of the throat, tongue, lips and face, urticaria, laryngospasm and anaphylactic reactions have been reported with other ipratropium bromide products.

No controlled trial was conducted to address the relative incidence of adverse events of BID versus TID therapy.

HOW SUPPLIED ATROVENT® (ipratropium bromide) Nasal Spray 0.03% is supplied as 30 ml of solution in a high density polyethylene (HDPE) bottle fitted with a metered nasal spray pump, a safety clip to prevent accidental discharge of the spray, and a clear plastic dust cap. The 30 ml bottle of ATROVENT Nasal Spray is designed to deliver 345 sprays of 0.07 ml each (21 mcg ipratropium bromide), or 28 days of therapy at the maximum recommended dose (two sprays per nostril three times a day).

Store tightly closed between 59°F (15°C) and 86°F (30°C). Avoid freezing. Keep out of reach of children. Avoid spraying in or around the eyes.

Consult package insert before prescribing.

AN.03-BS-10/95

Atrovent®
(ipratropium bromide) Nasal Spray 0.06%

For the common

Brief Summary of Prescribing Information

INDICATIONS AND USAGE ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is indicated for the symptomatic relief rhinorrhea associated with the common cold for adults and children age 12 years and older. ATROVENT Nasal Spray 0.0 does not relieve nasal congestion or sneezing associated with the common cold.

The safety and effectiveness of the use of ATROVENT Nasal Spray 0.06% beyond four days in patients with common cold has not been established.

CONTRAINDICATIONS ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is contraindicated in patients with a histor hypersensitivity to atropine or its derivatives, or to any of the other ingredients.

WARNINGS Immediate hypersensitivity reactions may occur after administration of ipratropium bromide, demonstrated by rare cases of urticaria, angioedema, rash, bronchospasm and oropharyngeal edema.

PRECAUTIONS General ATROVENT® (ipratropium bromide) Nasal Spray 0.06% should be used with cau in patients with narrow-angle glaucoma, prostatic hypertrophy or bladder neck obstruction, particularly if they are receivin anticholinergic by another route. Cases of precipitation or worsening of narrow-angle glaucoma and acute eye pain have b reported with direct eye contact of ipratropium bromide administered by oral inhalation.

Information for Patients Patients should be advised that temporary blurring of vision, precipitation or worsening of narr angle glaucoma or eye pain may result if ATROVENT Nasal Spray 0.06% comes into direct contact with the eyes. Patients sh be instructed to avoid spraying ATROVENT Nasal Spray 0.06% in or around the eyes. Patients who experience eye pain, blu vision, excessive nasal dryness or episodes of nasal bleeding should be instructed to contact their doctor. Patients shoul reminded to carefully read and follow the accompanying PATIENT'S INSTRUCTIONS FOR USE.

Drug Interactions No controlled clinical trials were conducted to investigate potential drug-drug interactic ATROVENT Nasal Spray 0.06% is minimally absorbed into the systemic circulation; nonetheless, there is so potential for an additive interaction with other concomitantly administered anticholinergic medications, includ ATROVENT for oral inhalation.

Carcinogenesis, Mutagenesis, Impairment of Fertility Two-year oral carcinogenicity studies in rats and mice have reve no carcinogenic activity at doses up to 6 mg/kg/day. This dose corresponds, in rats and mice respectively, to about 70 an times the maximum recommended human daily dose (MRHD) on a mg/m² basis of ATROVENT Nasal Spray 0.06%. Result various mutagenicity studies (Ames test, mouse dominant lethal test, mouse micronucleus test and chromosome aberra of bone marrow in Chinese hamsters) were negative.

Fertility of male or female rats at oral doses up to 50 mg/kg/day (about 600 times the MRHD on a mg/m² basis) was unaff ed by ipratropium bromide administration. At doses above 90 mg/kg/day (about 1,000 times the MRHD on a mg/m² basi decreased conception rate was observed.

Pregnancy *TERATOGENIC EFFECTS Pregnancy Category B.* Oral reproduction studies were performed at doses of 10 mg/kg/ in mice, 100 mg/kg/day in rats and 125 mg/kg/day in rabbits. These doses correspond, in each species respectively, to at 60, 1,200, and 3,000 times the MRHD of ATROVENT Nasal Spray 0.06% in the common cold (672 mcg/day) on a mg/m² ba Inhalation reproduction studies in rats and rabbits at doses of 1.5 and 1.8 mg/kg/day (about 20 and 40 times the MRHD o on a mg/m² basis for each species, respectively) have demonstrated no evidence of teratogenic effects as a result of ipratro um bromide. At oral doses above 90 mg/kg/day in rats (about 1,000 times the MRHD on a mg/m² basis) embryotoxicity observed as increased resorption. This effect is not considered relevant to human use due to the large doses at which it observed and the difference in route of administration. However, no adequate or well controlled studies have been conduc in pregnant women. Because animal reproduction studies are not always predictive of human response, ATROVENT Nasal Sp 0.06% should be used during pregnancy only if clearly needed.

Nursing Mothers It is known that some ipratropium bromide is systemically absorbed following nasal administration; how er the portion which may be excreted in human milk is unknown. Although lipid-insoluble quaternary bases pass into bn milk, the minimal systemic absorption makes it unlikely that ipratropium bromide would reach the infant in an amount su cient to cause a clinical effect. However, because many drugs are excreted in human milk, caution should be exercised w ATROVENT Nasal Spray 0.06% is administered to a nursing woman.

Pediatric Use Safety and effectiveness of ATROVENT Nasal Spray 0.06% in patients below the age of 12 years have been established.

ADVERSE REACTIONS Adverse reaction information on ATROVENT® (ipratropium bromide) Nasal Spray 0.06% in patients v the common cold was derived from two multicenter, vehicle-controlled clinical trials involving 1276 patients (195 patients ATROVENT Nasal Spray 0.03%, 352 patients on ATROVENT Nasal Spray 0.06%, 189 patients on ATROVENT Nasal Spray 0.1 351 patients on vehicle and 189 patients receiving no treatment).

The following table shows adverse events reported for patients who received ATROVENT Nasal Spray 0.06% at the rec mended dose of 84 mcg per nostril, or vehicle, administered three or four times daily, where the incidence is 1% or greate the ATROVENT group and higher in the ATROVENT group than in the vehicle group.

	% of Patients Reporting Events[1]	
	ATROVENT Nasal Spray 0.06% (n=352)	Vehicle Control (n=351)
Epistaxis[2]	8.2%	2.3%
Dry Mouth/Throat	1.4%	0.3%
Nasal Congestion	1.1%	0.0%
Nasal Dryness	4.8%	2.8%

[1] This table includes adverse events for which the incidence was 1% or greater in the ATROVENT group and higher in ATROVENT group than in the vehicle group.

[2] Epistaxis reported by 5.4% of ATROVENT patients and 1.4% of vehicle patients, blood-tinged nasal mucus by 2.8% of ATI VENT patients and 0.9% of vehicle patients.

ATROVENT Nasal Spray 0.06% was well tolerated by most patients. The most frequently reported adverse events were tr sient episodes of nasal dryness or epistaxis. The majority of these adverse events (96%) were mild or moderate in nature, n was considered serious, and none resulted in hospitalization. No patient required treatment for nasal dryness, and only th patients (<1%) required treatment for epistaxis, which consisted of local application of pressure or a moisturizing agent (e petroleum jelly). No patient receiving ATROVENT Nasal Spray 0.06% was discontinued from the trial due to either nasal d ness or bleeding.

Adverse events reported by less than 1% of the patients receiving ATROVENT Nasal Spray 0.06% during controlled clinical trials which are potentially related to the local or systemic anticholinergic effects of Atrovent include: ta perversion, nasal burning, conjunctivitis, coughing, dizziness, hoarseness, palpitation, pharyngitis, tachycardia, thirst, tinni and blurred vision. Additional anticholinergic effects noted with other ATROVENT dosage forms (ATROVENT® Inhalation Soluti ATROVENT® Inhalation Aerosol and ATROVENT® Nasal Spray 0.03%) include: precipitation or worsening of narrow-angle gl coma, urinary retention, prostate disorders, constipation and bowel obstruction.

There were no reports of allergic-type reactions in the controlled clinical trials. Allergic-type reactions such skin rash, angioedema of the tongue, lips and face, urticaria, laryngospasm and anaphylactic reactions have been reported v other ipratropium bromide products.

No controlled trial was conducted to address the relative incidence of adverse events for TID versus QID therapy.

HOW SUPPLIED ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is supplied as 15 ml of solution in a high dens polyethylene (HDPE) bottle fitted with a metered nasal spray pump, a safety clip to prevent accider discharge of the spray, and a clear plastic dust cap. The 15 ml bottle of ATROVENT Nasal Spray is designed to deliver 165 spr of 0.07 ml each (42 mcg ipratropium bromide).

Store tightly closed between 59°F (15°C) and 86°F (30°C). Avoid freezing. Keep out of reach of children. Av spraying in or around the eyes.

Consult package insert before prescribing.

AN.06-BS-10



Boehringer Ingelheim

Boehringer Ingelheim Pharmaceuticals, Inc.
Ridgefield, CT 06877

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AN-63

Decorating Q & A

continued from page 174

Painting a Cement Floor

You'll need two paint colors, a light color and a darker, contrasting shade. Latex floor and patio enamel paint stands up to temperature changes, sun, and traffic, and usually doesn't need primer or sealer. Colors are limited, so you may need to mix colors to get the shades you want.

Read the label before buying paint. If you use something other than patio and floor paint, ask your dealer about primers and sealers. Several coats of nonyellowing polyurethane may enhance durability.

To paint a diamond pattern (as shown on *page 167*):

1. Clean cement floor to remove dirt or grime. A wire brush or sandpaper will loosen old flaking paint. If there are oil spots or anything else that might bleed through, seal the floor with a stain-blocking paint.

2. After the floor is completely dry, use a paint roller and brush to apply the lighter paint as a base coat.

3. To anchor the pattern and make masking easier, first create a border around the outside edge of the room. Using a yardstick and hard lead pencil, draw a line 12 inches out from and parallel to all four walls. This is the inside edge of the border.

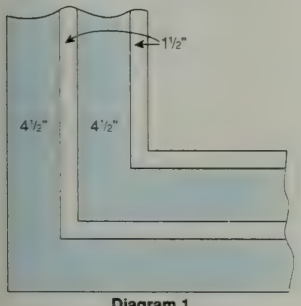


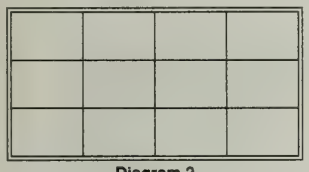
Diagram 1

4. Draw another parallel line 4½ inches from the wall. This is the first dark color band. Draw another line 1½ inches from this line. This is the first light band. Draw one more line 4½ inches from the previous line. This is the second dark band. See Diagram 1 for details.

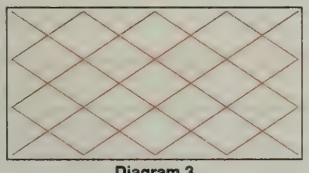
5. Tape off the light sections of the border with low-tack painter's tape. Seal the tape to the floor by running along the edges with a credit card or putty knife. Paint the two wide bands in the contrasting color.

6. The diamond pattern is based on a rectangular grid. For an 8×9-foot room, divide the floor (minus the borders) as follows: On the shortest wall, measure the distance between the borders and divide by three. Starting at the center of the border and working out, mark this measurement on the floor.

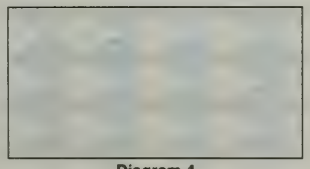
7. Measure and mark the long wall in the same manner, dividing by four instead of three. (See Diagram 2.) For larger rooms, or smaller diamonds, divide by larger numbers.


Diagram 2

8. Connect the opposing corners of the rectangles to form a diamond pattern. (See Diagram 3.)


Diagram 3

9. Use a small piece of tape to mark the rows of diamonds that will be painted in the dark color. Mask off the remaining diamonds with painter's tape, sealing the tape to the floor as described above. Paint each unmasked rectangle in the contrasting color. (See Diagram 4.)


Diagram 4

10. Erase or paint over any visible pencil marks. Let the paint dry completely. Then seal if necessary.

continued on page 178

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1 2

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Decorating Q & A

continued from page 177

Formal to Family-Style Floor Plan

Simply rearranging furniture can loosen up a stiff room arrangement. Plot your moves on paper first to save your back.

The problem: Backing furniture against the walls gave this formal living room (see *page 169*) a waiting-room feel. The long, narrow space also created a tunnel effect.

The solution: Pulling furniture into the center of the room creates a cozy conversation area and visually shortens the space.

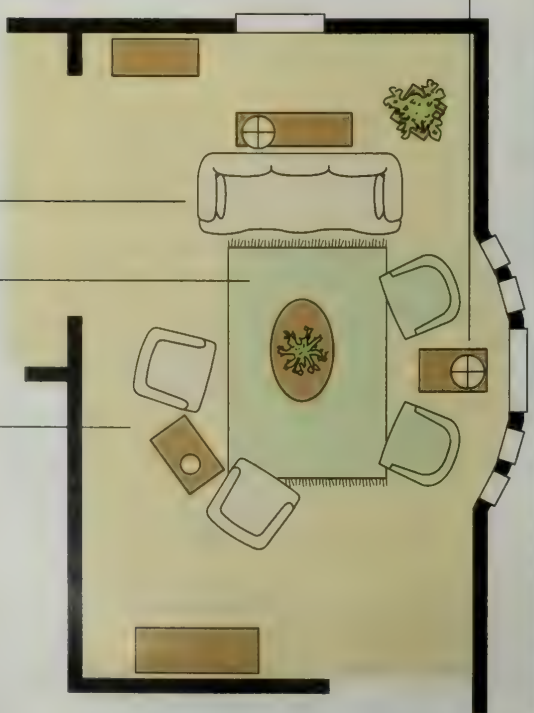
before



To accomodate large-scale entertaining, Silvey had scattered her furniture throughout the room in small conversation clusters. Pushing the sofa and chairs against the walls freed up floor space but directed traffic through the center of the room. As a result, the space felt disjointed. Silvey wanted more warmth and coziness to suit her new lifestyle.

Replacing the sofa with two chairs allows more light to flow in the bay window.

after



Moving the sofa toward the center of the room gives the eye a place to rest, cozying up the space.

A larger area rug helps define the cozier conversation grouping

Traffic is now directed behind the two chairs rather than through the center of the room.

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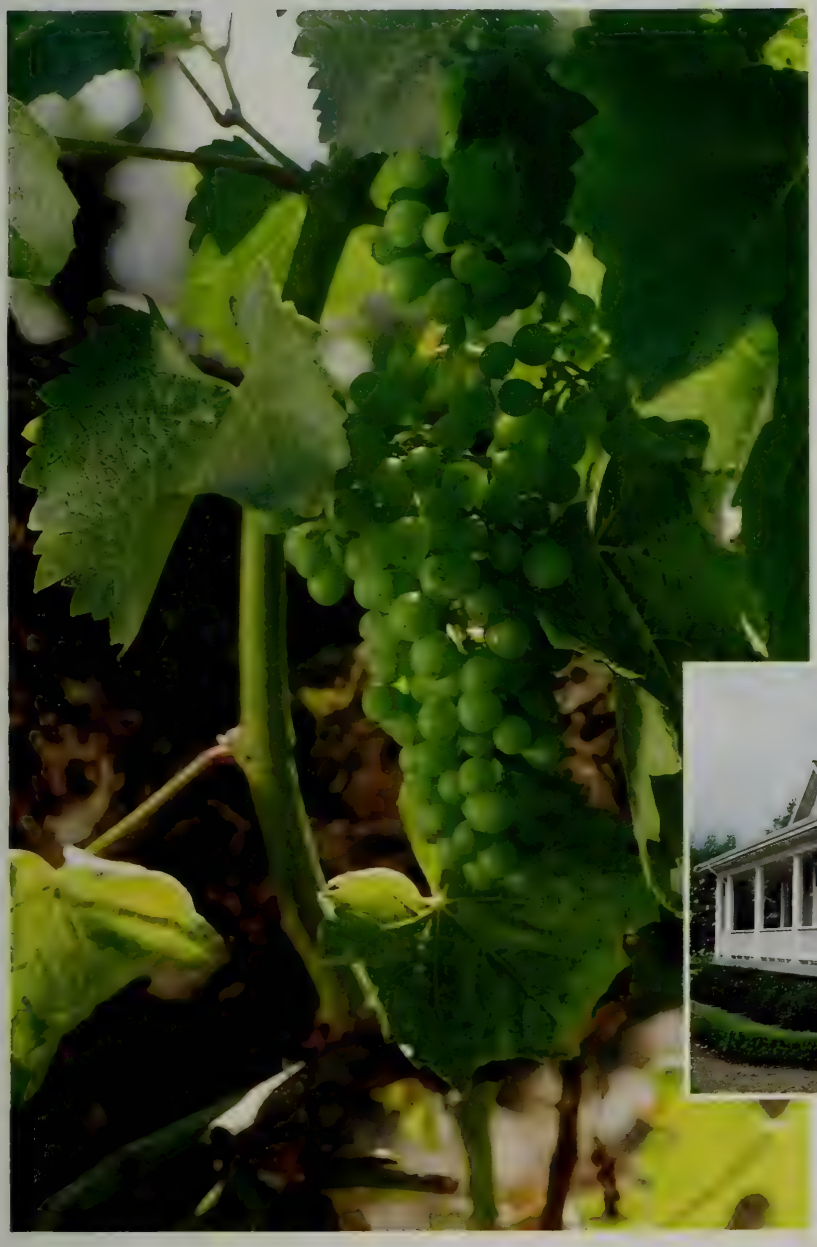
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by Steven Mumford





At Home in the Vineyard



As sure as grapes cling to vines, Marilyn and Bob Johnson's new home has deep roots in the vineyard that surrounds it. After retiring, the couple packed their bags and headed for the California countryside to enjoy the outdoors and savor the fruits of their labor.



At Home in the Vineyard

A modern interpretation of early California bungalows, this home shares a connection with both the land and the region's architectural history. The wide porch and deep overhanging eaves—typical features of the Napa Valley houses built at the turn of the century—lend old-time charm to this newly built home. Take a look.

- **All around the house:** A wraparound porch encircles the 2,300-square-foot house. As an extension of the living space, it makes a perfect place to sit and sip iced tea on hot days. At the same time, the porch protects the main floor from the sun's hot rays.
- **Outside-in:** Surrounded by the vast vineyard outside, the porch also smooths the transition between the outdoors and the home's interior spaces. Little details help make the transition complete. The luan mahogany decking material, for example, is set flush with the oak flooring so you don't have to step over a threshold as you enter the house.



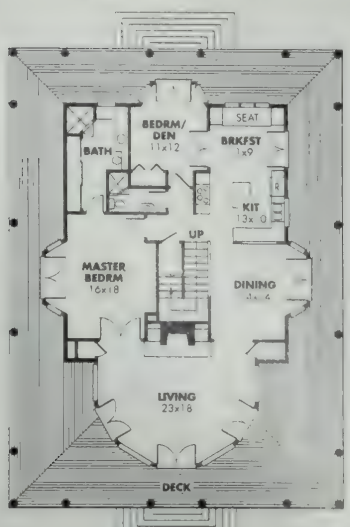




- **Open wide:** Ten-foot-high ceilings and abundant windows keep interior spaces open and airy. But open doesn't just describe an abstract feeling. Take a look at how the space in this floor plan flows from the front doors back to the master suite on one side and the dining room and kitchen on the other.



second floor



first floor

- **Handsome transoms:** Two-foot-high transoms top the exterior windows and doors (*right*) and all of the interior doorways (*above*). On the perimeter walls, the transom windows open to let in cool breezes. Inside, they serve as transparent dividers allowing light to bounce from room to room while eye-level views are kept intact.
- **Furnishing touches:** Urban and country furnishing styles meet here—clean lines and neutral colors blend with antiques and wicker. Tables, chairs, sofas, and area rugs are used sparingly to enhance the openness of the floor plan.









- **Cooking for two:** Even a compact kitchen can include multiple work centers. The tile-topped island serves as a staging area but also houses the oven and microwave. The interior window acts as a pass-through, connecting the kitchen and dining room. The counter below it can be used as a serving bar when the couple entertains guests and family members.
- **Have a seat:** With square footage at a premium, the breakfast nook was designed around a charming window seat upholstered with green canvas. Accompanied by a table and stand-alone chairs, the window seat forms a banquette that includes storage drawers underneath.
- **Price advice:** To keep costs in check and the design crisp and simple, architect Bob Gregory used modular cabinetry on either side of the green tiled exhaust flue. Gregory wrapped a stock exhaust hood with stainless steel instead of buying an expensive custom model made of solid stainless steel.





- **Master of the house:** Like many empty nesters, the Johnsons opted for a first-floor master suite. A three-sided bay bumps out four feet and opens to the porch, echoing the large bay at the front of the house. Beyond the bedroom is the master bath with mirrored closet doors that reflect natural light into the space.
- **Up on the roof:** Semicircular windows were set in the roof gables to bring light into the upstairs rooms and to soften the roof's hard angles.
- **Up *in* the roof:** Gables on the north, west, and south sides of the house provide enough height on the second floor to accommodate a T-shaped guest suite along ridge lines. Part of the suite can double as a home office, and lower spaces in the eaves are used for storage.

Buying information, page 120

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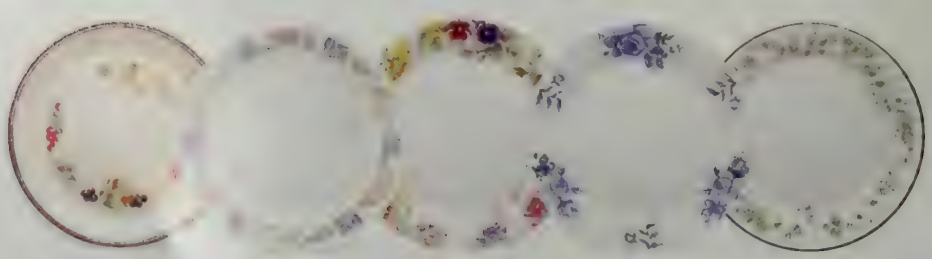
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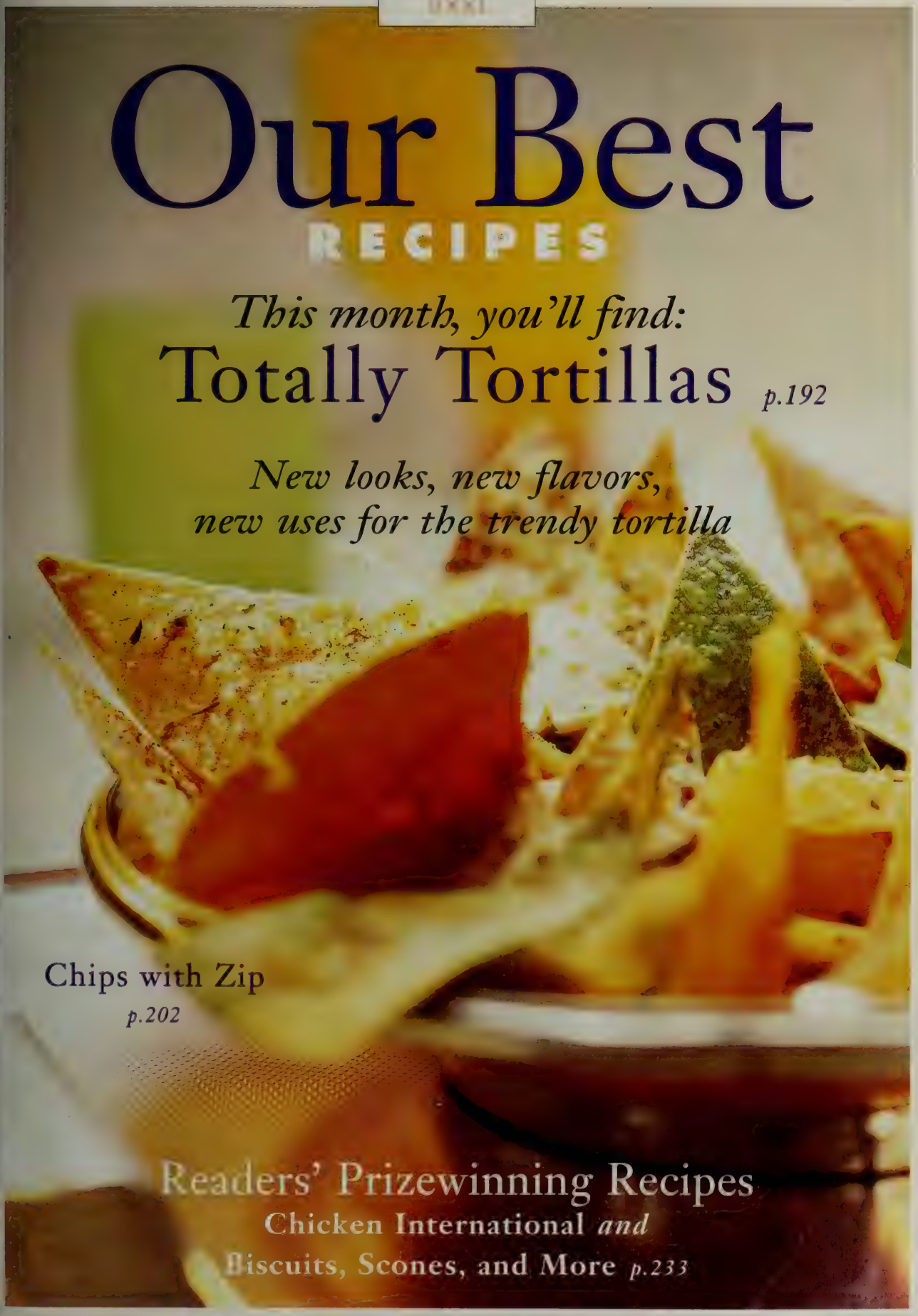
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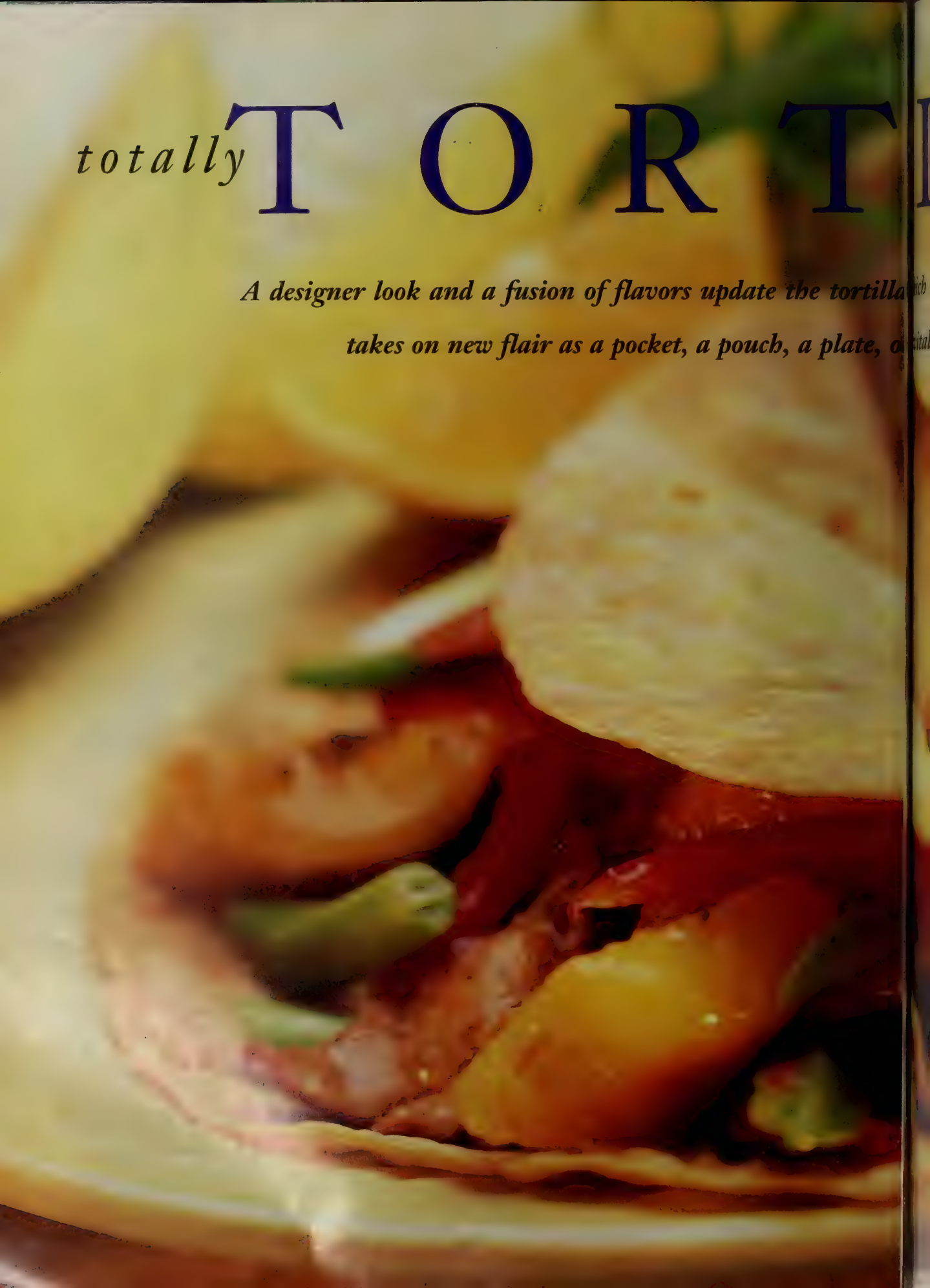


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totally TORT

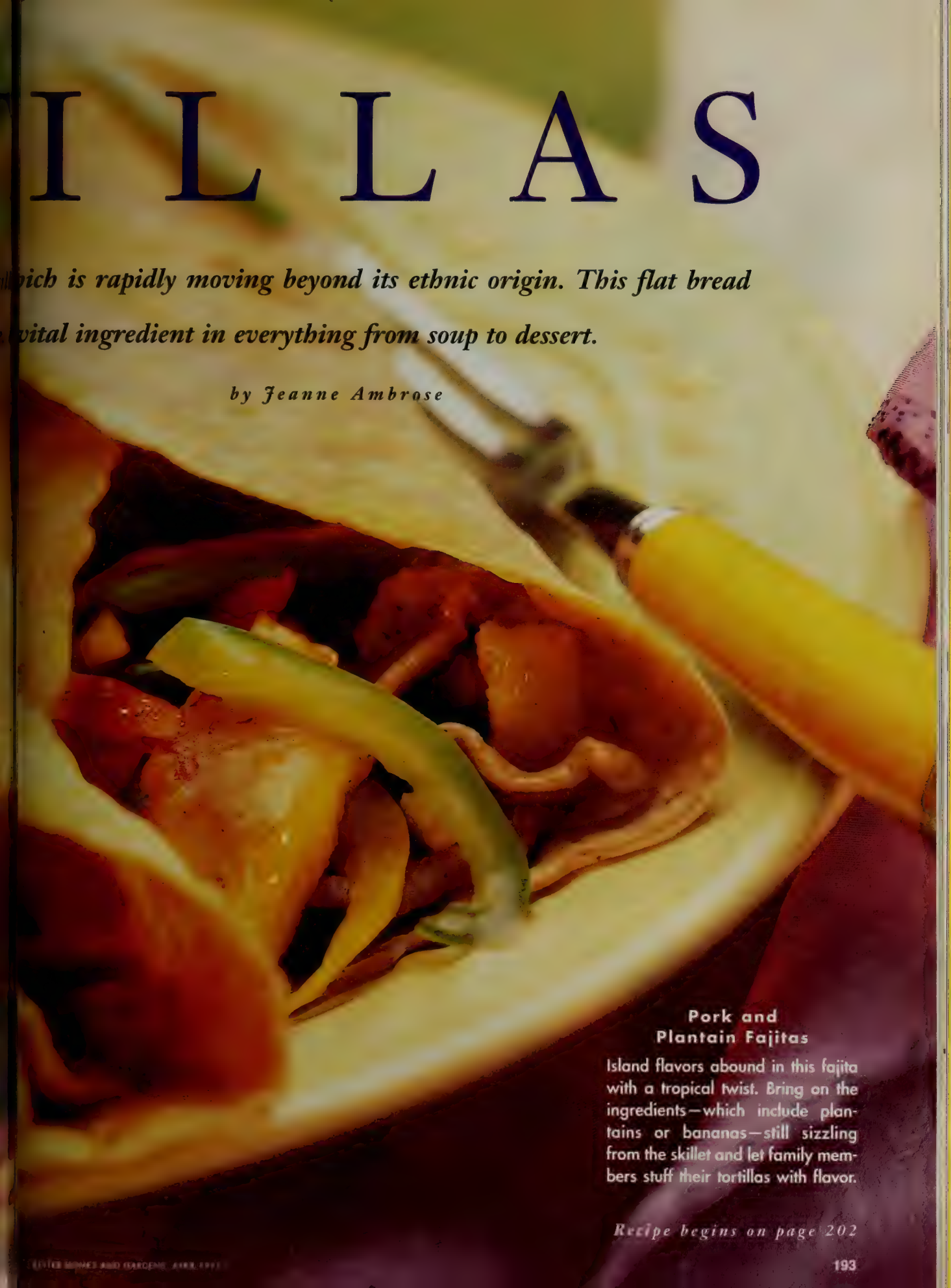
A designer look and a fusion of flavors update the tortilla

takes on new flair as a pocket, a pouch, a plate, a

TILLAS

which is rapidly moving beyond its ethnic origin. This flat bread a vital ingredient in everything from soup to dessert.

by Jeanne Ambrose



Pork and Plantain Fajitas

Island flavors abound in this fajita with a tropical twist. Bring on the ingredients—which include plantains or bananas—still sizzling from the skillet and let family members stuff their tortillas with flavor.

Recipe begins on page 202

totally Tortillas





Shrimp-Tortilla Soup

You may not recognize the tortillas in this quick and easy soup, which can be ready in about 30 minutes. Half of the tortillas are baked or fried, then crushed and stirred into the soup to thicken it. That leaves you with plenty of tortillas to snip into whimsical shapes and crisp up for sprinkling on top of the soup just like crackers.

Grilled Salmon Salad

You won't get into trouble if you break this salad bowl. Each edible bowl is perfect for a bright spring salad bursting with tantalizing chunks of seasoned salmon, fresh fruit, and avocado.

Wrap-and-Roll Basil Pinwheels

Fresh basil and roasted red peppers add bursts of flavor to these sandwiches with a spin. Mix and match roast beef, turkey, ham, and cheese spread to create your own great escapes from typical lunch fare. Or, slice them neatly and serve them up as appetizers when company's coming.

Recipes begin on page 204





totally Tortillas

Sunburst Sundae Cups

No one will suspect this fanciful sundae cup is actually a tortilla in disguise. Complete the masquerade by filling the crisp, cinnamon-flavored cup with your family's favorite fruits or frozen confection.

Asparagus and Cheese Bundles

They look like flat-topped egg rolls, but these Americanized versions are actually veggie-filled tortilla packets oozing with melted cheese. Try them out on the brunch crowd or serve them as hearty appetizers. There's a bonus to these bundles, too: Unlike egg rolls, they're baked, not deep-fried.



Thai Chicken Wrap

This spicy packet of chicken and rice offers a fusion of international flavors including Thai chicken and peanut sauce, shredded Chinese cabbage, and, of course, the Mexican tortilla. No need to seek this hot trend at a take-out shop when you can wrap up the compliments by making your own tortilla wraps.



Recipes begin on page 208



totally Tortillas

Chocolate Cream Tortilla Torte

Very few desserts can stack up against this lavish-looking treat. This no-bake torte is simple enough to serve after a family meal, but stunning enough to impress company. Layer the tortillas and filling in advance, and pop the torte in the fridge till serving time when you add the final flourish.

Recipe begins on page 210

Buying information, page 246

Introducing New Cream Soups from Campbell's. 98% fat free, 100% delicious.





Campbell's One Dish Chicken & Rice Bake

Prep Time: 5 min. Cook Time: 45 min.

- 1 can (10 3/4 oz.) Campbell's® 98% Fat Free Cream of Mushroom Soup
- 1 cup water*
- 3/4 cup uncooked regular white rice
- 1/4 tsp. paprika
- 1/4 tsp. pepper
- 4 skinless, boneless chicken breast halves

1. In 2-qt. shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper. ***Cover.***
2. Bake at 375°F. 45 min. or until chicken and rice are done. Serves 4.

*For creamier rice, increase water to 1 1/3 cups.

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Totally Tortillas

continued from page 198

Homemade Flour Tortillas

Lend new taste and color dimensions to the basic recipe with spinach, pepper, tomato, or whole wheat versions.

- 2 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt
- 2 Tbsp. shortening
- ½ cup warm tap water

In a medium mixing bowl combine flour, baking powder, and salt. Cut in shortening till well combined. Add warm water, 1 tablespoon at a time, tossing till dough can be gathered into a ball (if necessary, add additional water, 1 tablespoon at a time). On a lightly floured surface knead dough 15 to 20 times. Let dough rest for 15 minutes.

For 8-inch tortillas, divide dough into 12 equal portions; shape into balls. For 10-inch tortillas, divide dough into 8 equal portions; shape into balls.

On a lightly floured surface flatten one ball of dough. Roll from center to edges into an 8-inch (or 10-inch) circle (see photograph, *below*). Repeat with remaining dough. As you work, stack rolled-out tortillas between sheets of waxed paper.

Preheat a 10-inch or 12-inch ungreased skillet or griddle over medium-high heat. Remove one sheet of waxed paper from a tortilla and place the tortilla, paper side up, in the hot pan. As tortilla begins to heat, carefully peel off remaining waxed paper. Cook tortilla about 30 seconds or till puffy. Turn and cook about 30 seconds more or till edges curl up slightly. Wrap the tortillas in foil while making additional tortillas. Use tortillas immediately or cool and store (see Tortilla Tips, *below*). Makes 12 (8-inch) or 8 (10-inch) tortillas.



Rolling the tortilla dough from center to edges creates a uniform circle. This Spinach Tortilla is full of colorful green flecks.

TORTILLA TIPS

You can prepare any of the recipes in this story using homemade or purchased tortillas. Homemade tortillas take some time to prepare but their fresh flavor is sure to draw raves.

- When making tortillas with colored dough, as in Chili Tortillas or Tomato Tortillas, roll out dough between sheets of waxed paper rather than on pastry cloth, which may discolor.
- A tortilla press is great for making corn tortillas, but a rolling pin is recommended for flour tortillas. When using a press for corn tortillas, be sure to first place the dough between sheets of waxed paper.
- Regular or nonstick skillets work well for cooking tortillas, and cast-iron pans or griddles create excellent results. If using a cast-iron griddle, reduce heat to medium.
- Tortillas can be made ahead and stored in the refrigerator or freezer. To store, stack each cooled tortilla between two pieces of waxed paper. Wrap stack well in plastic wrap and seal in a self-sealing plastic bag. Tortillas will keep for five days in the refrigerator, or up to six months in the freezer. Remove tortillas as needed from freezer bag; thaw completely before using.

Spinach Tortillas: Prepare dough for Homemade Flour Tortillas, except add ⅓ cup very finely chopped, well-drained, cooked spinach with the flour.

Chili Tortillas: Prepare dough for Homemade Flour Tortillas, except add 1 tablespoon ancho chili powder or regular chili powder to the flour mixture. Add additional water, if necessary.

Tomato Tortillas: Prepare dough for Homemade Flour Tortillas, except add ¼ cup tomato paste to the flour after cutting in the shortening.

Whole Wheat Tortillas: Prepare dough for Homemade Flour Tortillas, except substitute 1 cup whole wheat flour for 1 cup of the all-purpose flour. Add additional water, if necessary.

Nutrition facts per 8-inch flour tortilla: 89 cal., 2 g total fat (1 g sat. fat), 0 mg chol., 120 mg sodium, 15 g carbo., 1 g fiber, and 2 g pro. Daily Values: 0% vit. A, 0% vit. C, 2% calcium, and 6% iron.

Homemade Corn Tortillas

The first tortillas were made from masa—corn kernels simmered in water till soft, then ground by hand. Today masa harina (dehydrated masa) tortilla flour often is used instead.

- 2 cups masa harina tortilla flour
- ¼ tsp. salt (optional)
- 1¼ cups warm tap water

In a medium mixing bowl combine tortilla flour and salt; add water. Stir mixture together with your hands till dough is firm but moist (if necessary, add additional water, 1 tablespoon at a time). Let dough rest for 15 minutes.

Divide dough into 12 equal portions; shape into balls.

Use a tortilla press or a rolling pin to make tortillas. If using a tortilla press, place dough between sheets of waxed paper on a tortilla press, then press to a 6-inch circle. If using a rolling pin, flatten dough between two sheets of waxed paper. Roll from center to edges into a 6-inch circle. Repeat with remaining dough.

Preheat an 8-inch ungreased skillet or griddle over medium-high heat. Remove one sheet of waxed paper from a tortilla and place the tortilla, paper side up, in the hot pan.

continued on page 202

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Totally Tortillas

continued from page 200

Carefully peel off remaining waxed paper. Cook, turning every 30 seconds, for 2 minutes or till tortilla is dry and light brown (tortilla should still be soft). Keep tortillas wrapped in foil while making additional tortillas to prevent them from drying out. Use tortillas immediately or cool and store (see Tortilla Tips, *page 200).* Makes 12 (6-inch) tortillas.

Nutrition facts per tortilla: 70 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 15 g carbo., 1 g fiber, and 2 g pro. Daily Values: 0% vit. A, 0% vit. C, 2% calcium, and 9% iron.

Chips with Zip

Fresh from the oven, these flavored chips make terrific munching. Try mixing homemade or purchased chips of different hues and flavors.

- ½ tsp. paprika
- ⅛ to ¼ tsp. salt
- ⅛ to ¼ tsp. pepper
- 2 Tbsp. olive or cooking oil
- 4 8-inch flour tortillas
- Salsa (optional)

In a small bowl combine paprika, salt, and pepper. Brush oil over tortillas; sprinkle with paprika mixture. Cut each tortilla into 8 wedges. Spread on an ungreased 15x10x1-inch baking pan. Bake in a 350° oven for 8 to 10 minutes or till chips are crisp and edges are lightly browned. Serve with salsa, if desired. Makes about 4 cups.

Nutrition facts per ½-cup serving: 75 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 93 mg sodium, 7 g carbo., 0 g fiber, and 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, and 3% iron.

Focaccia-Style Chips: In a small skillet cook ⅔ cup minced onion in 2 tablespoons melted margarine or butter about 3 to 5 minutes or till tender. Stir in 1 teaspoon dried Italian seasoning. Carefully brush onion mixture evenly over one side of tortillas. Cut into 8 wedges, place in pan, and bake as directed above.

Nutrition facts per ½-cup serving: 105 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 127 mg sodium, 9 g carbo., 0 g fiber, and 1 g pro. Daily Values: 4% vit. A, 1% vit. C, 1% calcium, and 4% iron.

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To keep tortillas toasty warm, try this natural terra-cotta **Tortilla Warmer** offered by special arrangement with Boston Warehouse. The covered warmer features a glazed interior for even retention and distribution of heat. It measures 8 inches in diameter.

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Pork and Plantain Fajitas

Plantains look like big bananas, but you have to cook them before eating. We used homemade Chili Tortillas for these fajitas, but any tortilla will do.

- ¾ lb. lean boneless pork
- ½ cup pineapple juice
- 1 Tbsp. soy sauce
- 3 cloves garlic, minced
- 1 tsp. five-spice powder
- ¼ to ½ tsp. crushed red pepper
- 8 9- or 10-inch flour tortillas
- 2 yellow plantains or large firm bananas, peeled
- 2 Tbsp. cooking oil
- 1 cup red, yellow, and/or green sweet pepper, cut into bite-size strips
- 8 green onions, cut into 1-inch pieces (about ⅔ cup)
- Bottled sweet-and-sour sauce
- Mango and orange slices (optional)

Partially freeze pork; slice across the grain into thin strips. Place pork in a plastic bag set in a shallow dish. Combine pineapple juice, soy sauce, garlic, five-spice powder, and crushed red pepper; pour over pork. Seal bag and distribute marinade. Marinate 30 minutes at room temperature or 2 hours in refrigerator.

Stack tortillas on a large piece of foil; wrap securely and warm in a 300° oven for 10 to 15 minutes or till heated through. Keep warm.

Cut plantains or bananas in half lengthwise; slice crosswise into ¼-inch slices. In a large skillet cook plantains (not bananas) in 1 tablespoon of the cooking oil over medium-high heat 2 minutes or till golden brown, turning occasionally. Remove from skillet. Add pepper strips and onions to skillet; cook and stir 2 minutes or till vegetables are crisp-tender. Remove vegetables from skillet.

Drain pork well; discard marinade. Add remaining 1 tablespoon oil to skillet. Add pork; cook and stir over medium-high heat for 2 to 3 minutes or till no pink remains.

Return vegetable mixture to skillet. Stir in ⅓ cup sweet-and-sour sauce. Add plantains or bananas; cook and stir for 1 minute or till heated through. To serve, fill warm tortillas with pork mixture; roll up. If desired, serve with additional bottled sweet and sour sauce and slices of mango and orange. Makes 4 main-dish servings (2 fajitas each).

Nutrition facts per serving: 600 cal., 20 g total fat (5 g sat. fat), 38 mg chol., 718 mg sodium, 88 g carbo., 4 g fiber, and 20 g pro. Daily Values: 30% vit. A, 99% vit. C, 10% calcium, and 30% iron.

continued on page 204

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1½ cups water and 1 cup fresh frozen broccoli • Stir in 1½ cups ncooked Minute® rice and 8oz. eeta® cheese spread, cut up • Cover ok on low heat 3 minutes • Remove m heat • Let stand 5 minutes • Stir





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Entrants whose recipes appear in the "Best Recipes of America's Moms" cookbook will receive a complimentary book upon publication.

BEST RECIPES OF AMERICA'S MOMS

Totally Tortillas

continued from page 202

Grilled Salmon Salad

Your own homemade tortilla bowls create a dramatic presentation for this delectable meal-in-one salad.

- ½ lb. fresh or frozen salmon or firm white fish fillets
- 1 Tbsp. olive oil or cooking oil
- 1 Tbsp. lime or lemon juice
- 1 to 1½ tsp. Cajun seasoning or Jamaican jerk seasoning
- 6 cups torn mixed greens, such as sorrel, spinach, romaine, radicchio, or leaf lettuce
- 1 cup fresh strawberries, halved
- 1 medium avocado, halved, seeded, peeled, and sliced
- 1 medium mango, seeded, peeled, and sliced
- 2 medium oranges, peeled and sectioned
- ¼ cup chopped macadamia nuts or almonds, toasted
- 1 recipe Tortilla Bowls or purchased tortilla bowls
- 1 recipe Tarragon-Buttermilk Dressing
- Lime peel curl, optional

Thaw fish if frozen. Brush fish with olive or cooking oil; sprinkle with lime or lemon juice and Cajun or Jamaican jerk seasoning. Arrange fish fillets in a well-greased grill basket; grill fish directly over medium coals for 4 to 6 minutes for each ½ inch of thickness or till fish flakes easily, turning once. (Or, place fish on the unheated rack of a broiler pan. Broil 4 inches from heat for 4 to 6 minutes for each ½ inch of thickness or till fish flakes easily.) Break fish into bite-size pieces.

In a large mixing bowl combine greens, strawberries, avocado, mango, oranges, and nuts; toss gently to mix. Spoon into Tortilla Bowls; drizzle with Tarragon-Buttermilk Dressing. Garnish each serving with a lime peel curl, if desired. Makes 4 main-dish servings.



Gently press a tortilla into the fluted mold and bake to create an edible bowl.

Tortilla Bowls: Lightly brush four 9- or 10-inch flour tortillas with a small amount of cooking oil, or spray nonstick coating onto 1 side of each tortilla. Spray nonstick coating into four taco salad molds (to order, see *page 206*) or small oven-safe bowls. Press tortillas, coated sides up, into molds or bowls (see photo, *above*). Place a ball of foil in each tortilla cup. Bake in a 350° oven for 15 to 20 minutes or till light brown. Remove the foil. Cool. Remove Tortilla Bowls from the molds. Fill the bowls with Grilled Salmon Salad or other salad of your choice and serve immediately. If not using immediately, store Tortilla Bowls in an airtight container for up to five days. Makes 4 bowls.

Tarragon-Buttermilk Dressing: In a small bowl stir together ⅓ cup buttermilk; 2 tablespoons light mayonnaise or salad dressing; and 1 teaspoon snipped fresh tarragon or dill or ¼ teaspoon dried tarragon or dillweed, crushed. Use immediately or cover and store in refrigerator for up to one week. Makes about ½ cup.

Nutrition facts per serving: 496 cal., 26 g total fat (5 g sat. fat), 11 mg chol., 369 mg sodium, 54 g carbo., 9 g fiber, and 16 g pro. Daily Values: 58% vit. A, 159% vit. C, 15% calcium, and 27% iron.

continued on page 206

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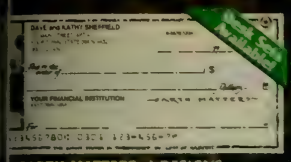
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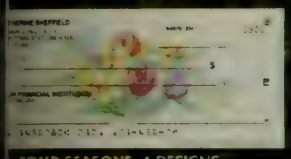
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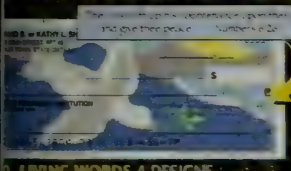

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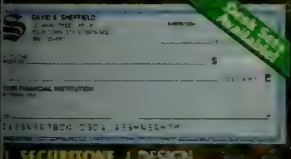

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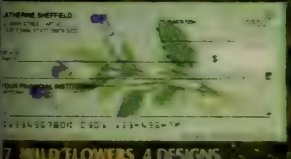
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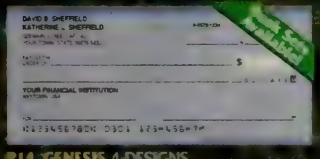

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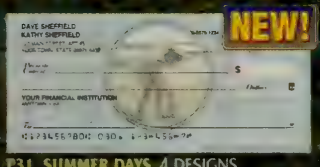


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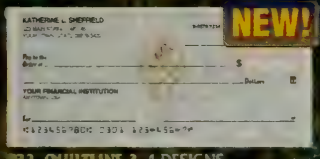

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P14 GENESIS 4 DESIGNS



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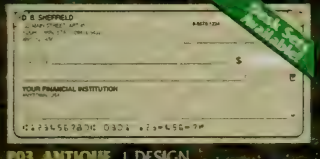


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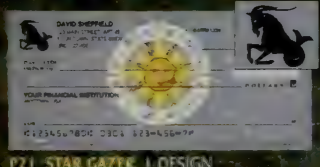


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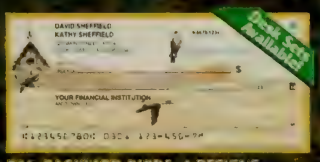

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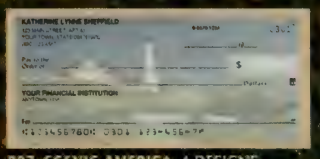
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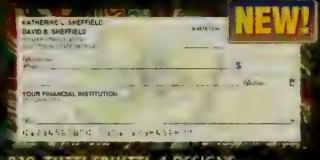

P21 STAR GAZER 1 DESIGN WITH ZODIAC SIGN


P08 FAMILY FRIENDS 4 DESIGNS

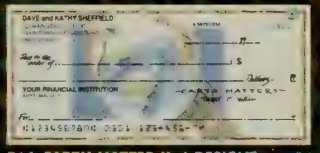


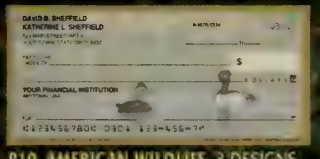
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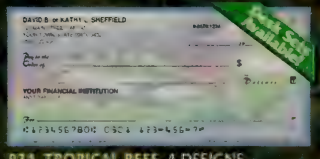

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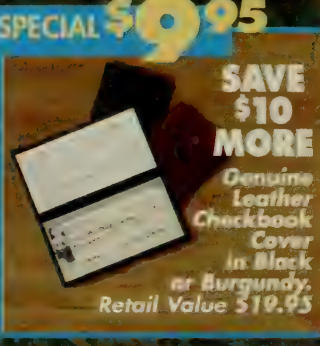
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Totally Tortillas

continued from page 204

Shrimp-Tortilla Soup

This tasty soup is already fairly low in fat, but there's a way to trim it even more: just bake the tortillas instead of frying them in oil.

- 5 6-inch corn tortillas
- Cooking oil
- 2 medium carrots, cut into thin strips
- 4 green onions, sliced
- 3 cloves garlic, minced
- 2 14½-oz. cans reduced-sodium chicken broth
- 1 14½-oz. can diced tomatoes
- ¼ cup snipped cilantro
- ¼ tsp. pepper
- 8 oz. fresh or frozen shrimp in shells, thawed, peeled, and deveined
- 1 cup shredded Monterey Jack cheese or crumbled queso fresco (4 oz.) (optional)
- Chopped avocado (optional)
- Cilantro sprigs (optional)

Cut tortillas into ½-inch-wide strips. (Use craft scissors to create a decorative edge, if desired.) In a large skillet pour cooking oil to a depth of ¼-inch; heat over medium-high heat. Fry tortilla strips, a few at a time, in hot oil about 1½ minutes or till browned and crisp. Transfer the strips with a slotted spoon to paper towels to drain thoroughly.* Set aside.

In a large pot heat 1 tablespoon of the cooking oil. Cook carrots, onions, and garlic about 5 minutes, stirring frequently. Stir in chicken broth, undrained diced tomatoes, snipped cilantro, and pepper. Bring to boiling; reduce heat and simmer, covered, 10 minutes.

Meanwhile, place half of the tortilla strips in a food processor bowl or blender container; cover and process or blend till tortilla strips are finely crushed. Stir crushed tortillas into the soup; cover and cook 5 minutes more.

Stir in shrimp; cook 1 to 3 minutes or till the shrimp turns pink. If desired, stir in Monterey Jack or queso fresco cheese till melted. Top the soup with the remaining tortilla strips and garnish with avocado and cilantro sprigs, if desired. Makes 4 main-dish servings.

*If you prefer not to fry the tortilla strips, place the strips on an ungreased baking sheet. Bake in a 350° oven for 15 minutes or till crisp, stirring once.

Nutrition facts per serving (with fried tortillas): 254 cal., 13 g total fat (2 g sat. fat), 65 mg chol., 967 mg sodium, 25 g carbo., 2 g fiber, and 12 g pro. Daily Values: 96% vit. A, 34% vit. C, 9% calcium, and 16% iron.

SPECIAL MERCHANDISE OFFER



For perfectly shaped baked tortilla shells for all your favorite recipes, try this **Tortilla/Taco Shell Mold** offered by special arrangement with Chicago Metallic. Our set includes two large molds (about 8 inches in diameter) and two small molds (about 6 inches in diameter). All four molds feature nonstick Silverstone coating and are dishwasher safe for quick and easy cleanup.

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Wrap-and-Roll Basil Pinwheels

Make these appetizers yourself or put out all of the fixings and have everyone create their own snacks. Use plain, whole wheat, or colorful spinach or tomato tortillas to wrap up these unique bundles of flavor.

- 3 7- or 8-inch flour tortillas
- 1 5.2-oz. carton Boursin cheese or one 5-oz. container semi soft cheese with garlic and herbs
- 12 large fresh basil leaves
- ½ of a 7-oz. jar roasted red sweet peppers, cut into ¼-inch wide strips
- 4 oz. thinly sliced cooked roast beef, ham, or turkey
- 1 Tbsp. mayonnaise or salad dressing
- Fresh basil leaves (optional)

Spread each flour tortilla with ⅓ of the Boursin cheese or semisoft cheese with garlic and herbs. Add a layer of the large fresh basil leaves to cover cheese. Divide roasted red sweet pepper strips between the tortillas; arrange roasted red pepper strips over the basil leaves 1 to 2 inches apart. Top with meat slices. Spread 1 teaspoon mayonnaise or salad dressing over the meat on each tortilla. Roll up the tortillas tightly, jelly-roll style, enclosing the filling. Wrap each roll in plastic wrap. Chill the tortilla rolls in the refrigerator 2 to 4 hours to blend flavors.

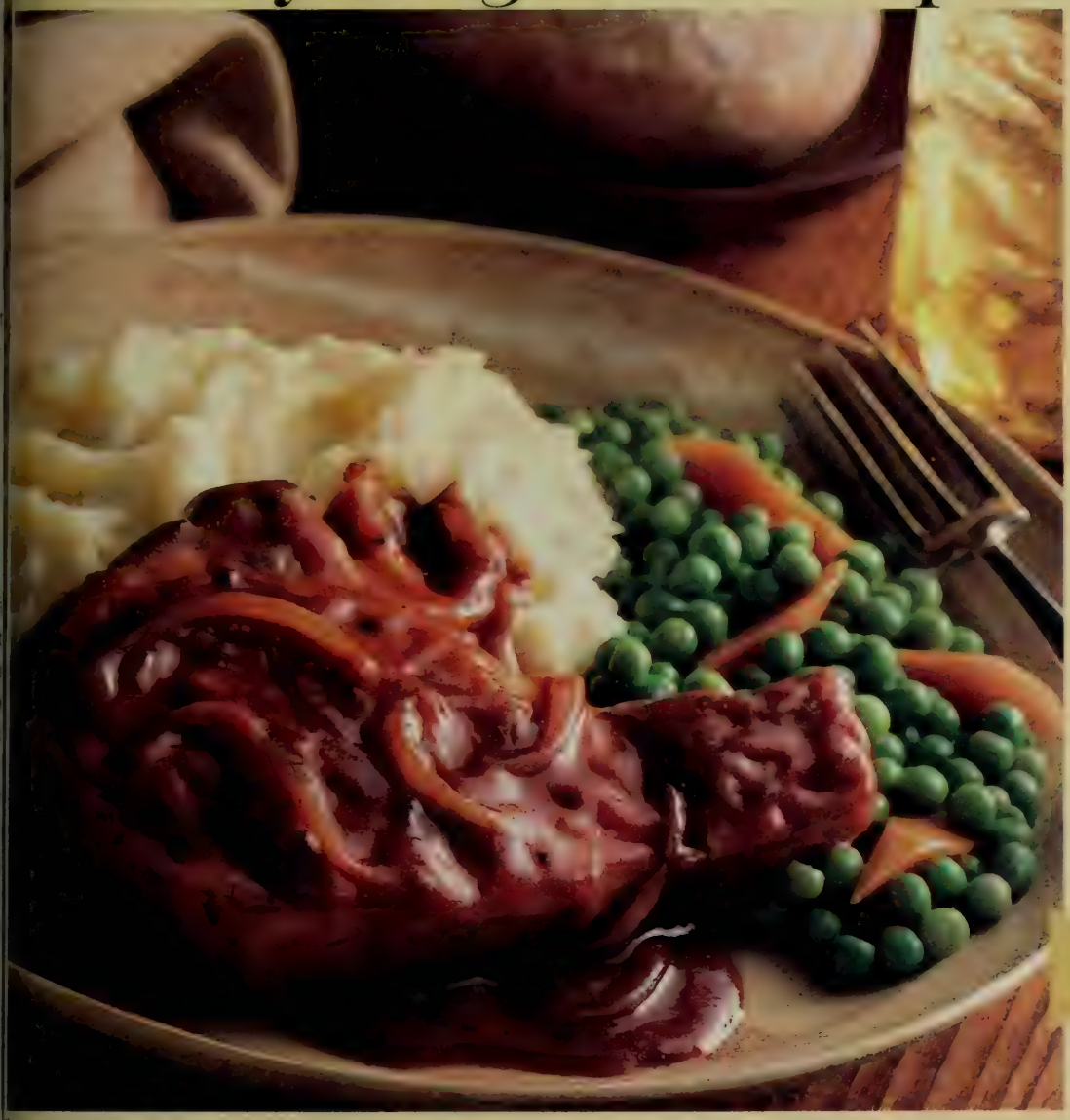
To serve, remove the rolls from the refrigerator. Remove the plastic wrap from the tortilla rolls; cut each of the rolls into 1-inch slices (make diagonal slices, if desired). Garnish with the fresh basil leaves, if you wish. Skewer each of the cut tortilla rolls on frilly picks or on short decorative skewers, if desired. Makes about 24 pinwheels.

Nutrition facts per pinwheel: 52 cal., 4 g total fat (2 g sat. fat), 5 mg chol., 58 mg sodium, 2 g carbo., 0 g fiber, and 2 g pro. Daily Values: 1% vit. A, 14% vit. C, 0% calcium, and 2% iron.

continued on page 208

Knorr presents

Tuesday Night Triumphs















Even if it's a weeknight, you always have time to make something delicious with soups, sauces and side dishes from ***Knorr***. Comments? Questions? More fast and fabulous recipes? Give us a call at 1-800-338-8831.

Knorr 2-Step Tomato Onion Pork Chops

Makes 4 Servings — *Total Time: 30 Minutes*

1 Tbsp Mazola® corn oil
4 center-cut pork chops (about ½ inch thick)*
1 medium onion, chopped
1 cup water
1 pkg *Knorr* Tomato Basil Soup and Recipe Mix
¼ cup brown sugar
4 tsp Worcestershire sauce

❶ In large skillet, heat corn oil over medium-high heat; add chops and onion and brown, turning occasionally, about 5 minutes. Remove chops; set aside.
❷ Add remaining ingredients; stirring constantly, bring to a boil. Return chops to skillet. Reduce heat, cover and simmer 20 minutes or until tender. Spoon sauce over pork chops.

*Or, use 4 boneless, skinless chicken breast halves.

C

Knorr
Where taste is everything.

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Totally Tortillas

continued from page 206

Asparagus and Cheese Bundles

The cheese of your choice oozes over the crisp-tender vegetables tucked inside these tortilla pouches. It could be love at first bite when you introduce them at your next spring gathering.

- 6 oz. asparagus spears
- 2 medium carrots, cut into thin strips
- 1 8-oz. pkg. cream cheese, softened
- 1 egg
- 2 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed
- ½ cup crumbled blue cheese or feta cheese
- 8 7- or 8-inch flour tortillas
- 2 Tbsp. milk
- 2 tsp. toasted sesame seeds

Snap off and discard the woody bases from asparagus spears; cut the spears into 2-inch pieces. Steam the asparagus and the carrots over gently boiling water about 5 minutes or till the vegetables are crisp-tender; drain.

In a medium mixing bowl beat together cream cheese, egg, and basil till smooth. Stir in crumbled cheese. Arrange asparagus and carrots in the center of tortillas. Spoon 2 rounded tablespoons of cheese mixture on top of vegetables. Fold the bottom half of the tortilla up and over the filling, then fold the left and right edges to the center. Fold the top half over the filling envelope-style.

Place the bundles, seam side down, on an ungreased baking sheet. Repeat the procedure with each of the remaining tortillas and the remaining filling. Brush each of the packets with milk; sprinkle them with sesame seeds.

Bake in a 425° oven for 10 to 12 minutes or till heated through and golden brown. Makes 8 bundles.

Nutrition facts per bundle: 245 cal., 16 g total fat (9 g sat. fat), 65 mg chol., 344 mg sodium, 18 g carbo., 1 g fiber, and 8 g pro. Daily Values: 57% vit. A, 7% vit. C, 10% calcium, and 11% iron.

Thai Chicken Wrap

We used the smaller homemade Spinach Tortillas to make the wraps pictured on page 196. To get this dish from kitchen to table even more quickly, use prepared peanut sauce you can find in most ethnic food sections of grocery stores.

- 4 boneless, skinless chicken breast halves (about 1 lb.)
- 4 cloves garlic, minced
- 1 tsp. pepper
- 1 tsp. sugar
- ¼ tsp. salt

Go ahead.
Laugh at the name.



Spambled Egg Muffin™ © Hormel Foods Corporation, 1997

1 red onion, cut into thin wedges
2 tsp. cooking oil
1 cup finely shredded green cabbage or Chinese cabbage
1 cup shredded carrots
4 green onions, sliced
1 Tbsp. grated gingerroot
2 large cloves garlic, minced
12 7- to 8-inch Spinach Tortillas (see recipe, *page 200*) or purchased flour tortillas (or six 10- to 12-inch tortillas)
3 cups warm cooked rice
1 recipe Peanut Sauce or ¾ cup purchased peanut sauce
Fresh mint leaves (optional)
1 small red onion, cut into thin wedges (optional)

Rinse chicken; pat dry with paper towels. Stir together the 4 cloves minced garlic, pepper, sugar, and salt; rub over chicken. Place chicken on unheated rack of a broiler pan. Broil 4 to 5 inches from heat for 12 to 15 minutes or till chicken is no longer pink and juices run clear, turning once. Let chicken stand for 5 minutes. Cut the chicken into thin strips.

In medium skillet cook onion wedges in hot oil over medium heat about 3 to 5 minutes or till tender. Add cabbage, carrots, green onion, gingerroot, and the remaining minced garlic. Cook for 2 to 3 minutes or till vegetables are tender. Keep warm.

Meanwhile, wrap tortillas tightly in foil. Heat in a 350° oven for 10 minutes to soften.

To assemble, spread about ¼ cup rice down the center of each tortilla (½ cup for the larger tortillas) to within 1½ inches of the edge. Top with chicken strips, vegetable mixture, and about 1½ teaspoons Peanut Sauce for each of the small tortillas (about 1 Tablespoon for the larger tortillas). Fold in half to serve, or make a wrap by folding opposite sides of tortilla in, then rolling it up tightly to encase the filling. Garnish with fresh mint and red onion wedges, if desired. Serve Thai Chicken Wraps immediately with remaining peanut sauce. Makes 6 servings.

Peanut Sauce: In a small saucepan combine ¼ cup creamy peanut butter, ¼ cup sugar, 3 tablespoons soy sauce, 4 cloves minced garlic, 3 tablespoons water, and 2 tablespoons cooking oil; heat peanut butter mixture to dissolve sugar, stirring often. Cool and serve. Makes about ¾ cup.

Nutrition facts per serving: 497 cal., 17 g total fat (3 g sat. fat), 40 mg chol., 881 mg sodium, 62 g carbo., 3 g fiber, and 24 g pro. Daily Values: 53% vit. A, 21% vit. C, 7% calcium, and 24% iron.

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But there's nothing funny about the taste.



Totally Tortillas

continued from page 209

Sunburst Sundae Cups

Wow your family and friends with this stunning but simple dessert. Make it easier on yourself by fixing the tortilla cups a day in advance.

- 8 6- to 7-inch flour tortillas
- Cooking oil for deep frying
- 2 Tbsp. sugar
- ½ tsp. ground cinnamon
- 1 qt. peach frozen yogurt
- 2 cups blueberries, sliced strawberries, or other fresh fruit

Cut tortillas into sun shapes with kitchen shears (see photo, *below*). In a large heavy saucepan heat 2 inches oil to 360°. Cook tortillas, one at a time, for 30 to 45 seconds or till crisp, using a ladle to hold tortillas down in the center, forming a cup. Carefully empty ladle and remove from pan. Remove tortillas with slotted spatula or tongs, draining excess oil from tortilla cup back into pan (see photo, *below left*); transfer tortilla cup to paper towels to drain. Repeat with remaining tortillas.



Use kitchen shears to snip the tortilla into a sunburst pattern before deep frying.



With a slotted spoon or spatula carefully remove the sunburst cup from the hot oil.

Stir together sugar and cinnamon; sprinkle over cooked tortilla cups while warm. (If preparing ahead, cool and store, loosely covered, for up to one day.) To assemble sundaes, place one scoop of frozen yogurt in each tortilla cup. Top with fresh fruit. Serve immediately. Makes 8 servings.

Nutrition facts per serving: 356 cal., 17 g total fat (3 g sat. fat), 0 mg chol., 135 mg sodium, 44 g carbo., 1 g fiber, and 6 g pro. Daily Values: 0% vit. A, 21% vit. C, 11% calcium, and 7% iron.

Chocolate Cream Tortilla Torte

This delectable tortilla dessert easily makes the transition from flat to fantastic. Chocoholics might want to drizzle fudge topping over the torte in place of the raspberry sauce.

- ¾ cup sugar
- ⅓ cup unsweetened cocoa powder
- 2 Tbsp. cornstarch
- 1 tsp. ground cinnamon
- 2⅔ cups milk
- 4 beaten egg yolks
- 1 oz. semisweet chocolate, grated
- 1 Tbsp. margarine or butter
- 1½ tsp. vanilla
- ¾ cup whipping cream
- 10 8-inch flour tortillas
- 1 cup chopped pecans
- 1 recipe Raspberry Sauce (optional)
- Fresh raspberries (optional)

For pudding, in a heavy medium saucepan combine sugar, cocoa powder, cornstarch, and cinnamon. Stir in milk. Cook and stir over medium heat till mixture is thickened and bubbly. Cook and stir 2 minutes more. Remove mixture from heat. Gradually stir about 1 cup of the hot mixture into egg yolks. Return all of the mixture to saucepan. Bring mixture to a gentle boil; reduce heat. Cook and stir 2 minutes more. Remove from heat. Stir in grated chocolate, margarine or butter, and vanilla. Pour the pudding into a bowl. Cover the surface of pudding with clear plastic wrap; cool 1 hour.

In a chilled bowl beat whipping cream with chilled beaters of an electric mixer on medium speed till soft peaks form.

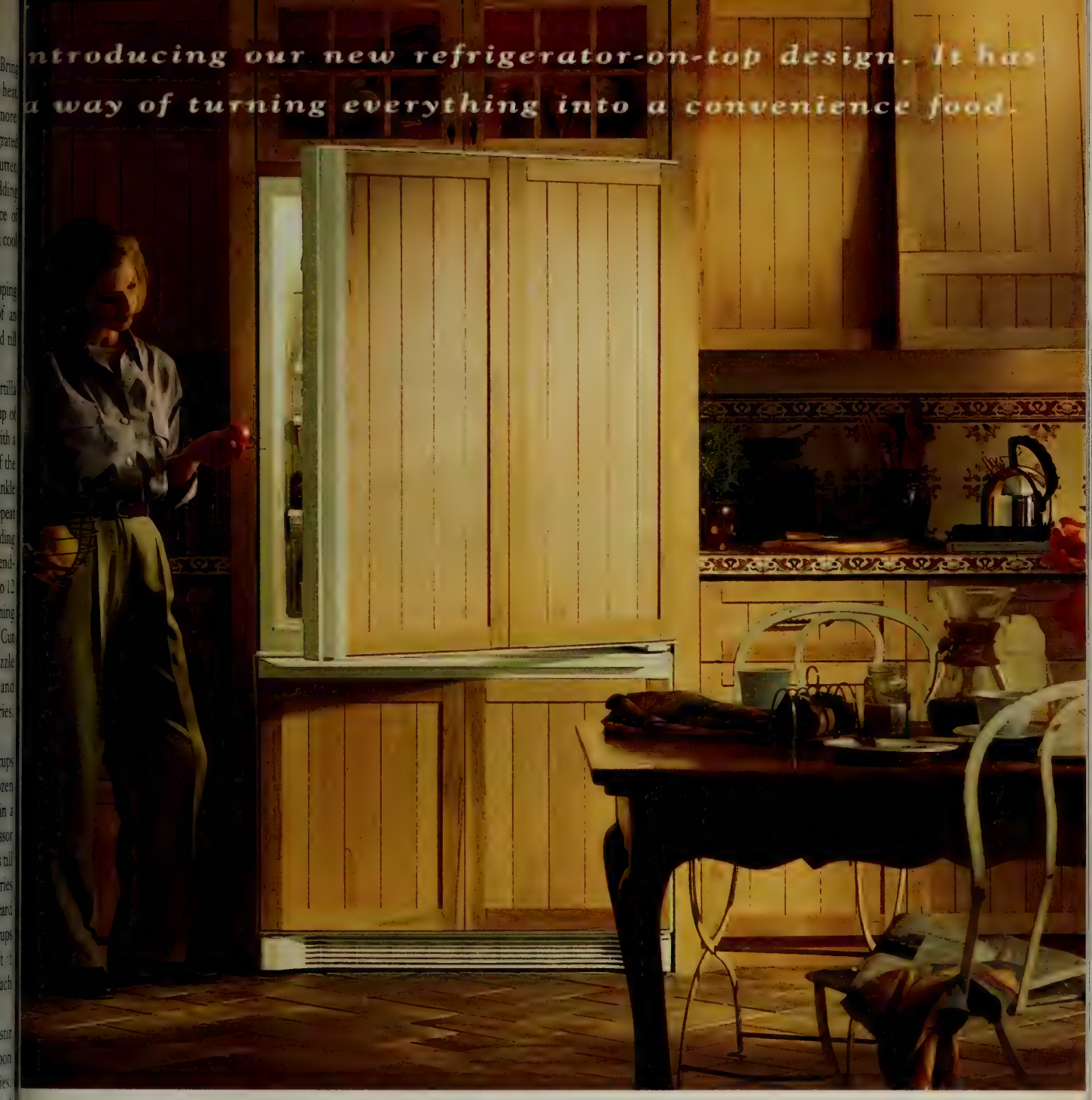
To assemble torte, place 1 tortilla on a serving plate. Spread ⅔ cup of the pudding over tortilla. Top with a second tortilla. Spread ⅓ cup of the whipped cream over tortilla; sprinkle with 2 to 3 tablespoons nuts. Repeat layers, alternating chocolate pudding with whipped cream and nuts, ending with nuts. Cover and chill 2 to 12 hours. (Cover and chill remaining pudding to serve another time.) Cut into wedges. If desired, drizzle Raspberry Sauce over top and garnish with fresh raspberries. Makes 10 servings.

Raspberry Sauce: Place 1½ cups fresh raspberries (if using frozen berries, thaw but do not drain) in a blender container or food processor bowl. Cover and blend or process till berries are smooth. Press berries through a fine-mesh sieve; discard seeds. Repeat with another 1½ cups of berries. (You should have about ½ cup of sieved puree from each 1½ cups berries.)

In a medium saucepan stir together ⅓ cup sugar and 1 teaspoon cornstarch. Add sieved berries. Cook and stir over medium heat till thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat. Cool to room temperature before serving. Store, covered, in refrigerator. Makes about 1 cup sauce.

Nutrition facts per serving: 381 cal., 22 g total fat (7 g sat. fat), 115 mg chol., 176 mg sodium, 40 g carbo., 1 g fiber, and 7 g pro. Daily Values: 26% vit. A, 1% vit. C, 14% calcium, and 13% iron.

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Amana
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Totally Tortillas

continued from page 210



You won't have to fish for compliments with this dish full of nuggets from the deep.

Brunch Seafood Strata

Crab-flavored fish pieces make a less expensive, but still tasty, substitute for the shrimp and crabmeat in this dish.

- Nonstick spray coating
- 2 Tbsp. margarine or butter
- 3 leeks, sliced (white part only) or 1 cup chopped onion
- 4 8-inch flour or spinach tortillas
- 4 oz. cooked, peeled, and deveined shrimp*
- 4 oz. flaked cooked crabmeat (½ cup)*
- ¾ cup shredded Swiss cheese (3 oz.)
- ½ cup shredded mozzarella cheese (2 oz.)
- 1 Tbsp. chopped fresh dill or ¾ tsp. dried dillweed
- 3 eggs
- 1½ cups milk
- 1 Tbsp. all-purpose flour
- ¼ tsp. pepper
- Additional cooked, peeled, and deveined shrimp (optional)
- Fresh dill (optional)

Spray a 2-quart baking dish with nonstick coating. In a medium skillet melt margarine or butter; cook leeks or onions for 3 minutes or till tender. Tear tortillas into bite-size pieces. In the baking dish layer half of the tortilla pieces, half of the leeks, half of the shrimp and crab, half of the cheeses, and half of the chopped dill. Repeat layers. In a bowl beat together eggs, milk, flour, and pepper till smooth. Pour egg mixture over strata; cover and refrigerate overnight.

Bake, uncovered, in a 350° oven for 45 to 50 minutes or till a knife inserted near center comes out clean and top is golden brown. Let stand 5 minutes. Cut into squares and serve. Garnish with shrimp and fresh dill, if desired. Makes 6 servings.

*Note: You can substitute 8 ounces crab-flavored fish pieces, flaked, for the shrimp and crab.

Nutrition facts per serving: 301 cal., 15 g total fat (6 g sat. fat), 185 mg chol., 369 mg sodium, 20 g carbo., 2 g fiber, and 21 g pro. Daily Values: 20% vit. A, 7% vit. C, 29% calcium, and 17% iron.



The look of these festive Tri-Pepper Nachos is as peppy as the flavor.

Tri-Pepper Nachos

Your family will love the bright colors in this updated nacho snack. Add even more color by using your own homemade spinach or tomato tortillas.

- 5 8-inch corn or flour tortillas or 4 cups tortilla chips (about 4 oz.)
- 1 cup canned black beans, rinsed and drained
- ½ cup salsa
- 2 cups shredded Monterey Jack, cheddar, queso quesadilla, Chihuahua and/or asadero cheese (8 oz.)
- ½ cup roasted red sweet peppers, cut into julienne strips
- 2 to 4 Tbsp. fresh or canned sliced jalapeño peppers, drained
- 6 pepperoncini salad peppers, drained
- Salsa (optional)

To make chips, stack tortillas and cut into wedges with scissors or a sharp knife. Place wedges in a single layer on an ungreased baking sheet. Bake in a 350° oven for 10 to 12 minutes or till light golden brown. Remove the chips from oven. Arrange the tortilla chips one layer

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PEPPER TIPS

Because hot peppers contain oils that can burn your eyes, lips, and skin, protect yourself when working with the peppers by covering one or both hands with plastic bags (or wear plastic gloves). Be sure to wash your hands thoroughly before touching your eyes or face.

Fluffy 2-Step Easter Cheesecake



1 pkg. (8 oz.) PHILADELPHIA BRAND Cream Cheese, softened
⅓ cup sugar, 1 tub (8 oz.) COOL WHIP Whipped Topping
1 prepared graham cracker crumb crust (6 oz.)
1½ cups COMSTOCK, THANK YOU or WILDERNESS More Fruit Cherry Pie Filling

BEAT cream cheese and sugar in large bowl with wire whisk or electric mixer on high speed until smooth. Gently stir in whipped topping. Spoon into crust. REFRIGERATE 3 hours or until set. Spoon pie filling evenly over top of pie. Store leftover cheesecake in refrigerator. Makes 8 servings.

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Let everyone else hunt for eggs.



Totally Tortillas

continued from page 212

deep, overlapping slightly, on an 11- or 12-inch ovenproof platter.

In a saucepan combine black beans and the ½ cup salsa; cook and stir over medium heat just till heated through. Remove from heat; spoon bean mixture over chips.

Sprinkle cheese, red peppers, and jalapeño peppers over bean mixture on chips. With a small sharp knife, slit pepperoncini peppers; remove stems and seeds. Cut into strips; sprinkle over nachos. Bake in a 425° oven for 3 to 5 minutes or till cheese is melted. Serve immediately with additional salsa as desired. Makes about 12 appetizer servings.

Nutrition facts per serving: 180 cal., 8 g total fat (4 g sat. fat), 17 mg chol., 350 mg sodium, 19 g carbo., 2 g fiber, and 8 g pro. Daily Values: 9% vit. A, 36% vit. C, 15% calcium, and 9% iron.



Corn adds just the right crunch to these distinctively Mexican enchiladas. You can tone down the heat if you wish by cutting back on the number of peppers.

Chicken and Corn Enchiladas

The spice is right in these enchiladas, making them fantastic family fare.

- 2 to 3 dried ancho chili peppers, seeded and cut up, or 1 tsp. crushed red pepper
- 1 14½-oz. can tomatoes
- 1 medium onion, cut up
- 1 clove garlic, quartered
- ½ tsp. ground cumin
- ¼ tsp. salt
- ½ cup whipping cream
- 1 Tbsp. cooking oil
- 3 cups shredded cooked chicken or turkey (1 lb.)
- 1 8¾-oz. can whole kernel corn, drained
- ¼ cup snipped oregano or 2 tsp. dried oregano, crushed
- 3 tsp. cooking oil
- 8 6- or 7-inch corn tortillas
- 1 cup crumbled queso fresco or shredded Monterey Jack cheese (4 oz.)
- 1 fresh serrano pepper, cut in ¼-inch strips (optional)

Snipped fresh oregano (optional)

For sauce, in a small bowl place ancho chili peppers, if using, and cover with boiling water. See Pepper Tips, *page 212.* Let stand for 45 to 60 minutes; drain. In a food processor bowl or blender container combine drained chili peppers or crushed red pepper, undrained tomatoes, onion, garlic, cumin, and salt. Cover and process or blend till mixture is smooth. Transfer mixture to a medium saucepan; bring to boiling. Reduce heat and simmer sauce, uncovered, for 10 minutes or till slightly thickened (you should have about 1⅔ cups). Remove from heat. Stir in whipping cream; season to taste with *salt* and *pepper*. Set aside.

For filling, in a medium mixing bowl combine the shredded chicken or turkey, drained corn, ¼ cup oregano or dried oregano, and ⅔ cup of the sauce.

In a small skillet heat 1 teaspoon of the cooking oil. Place 1 tortilla into the hot oil about 10 seconds or just till limp, turning once. Repeat with the remaining tortillas, adding the additional 2 teaspoons of oil as necessary. Drain the tortillas on paper towels.

Spoon filling equally over the tortillas; roll up and place, seam side down, in a greased 2-quart rectangular baking dish. Pour remaining sauce over enchiladas. Cover and bake in a 350° oven about 25 minutes or till heated through. Uncover and sprinkle the enchiladas with cheese. Bake, uncovered, for 4 to 5 minutes more or till cheese is melted. Garnish with serrano pepper strips and oregano, if desired. Makes 8 enchiladas.

Nutrition facts per enchilada: 319 cal., 17 g total fat (7 g sat. fat), 84 mg chol., 458 mg sodium, 20 g carbo., 1 g fiber, and 23 g pro. Daily Values: 16% vit. A, 17% vit. C, 12% calcium, and 13% iron.

continued on page 216


More "thank-yous" per serving than any other side dish.
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Brew a whole pot in your regular coffee maker, because it's much too enjoyable for those little white cups.

Totally Tortillas

continued from page 214



Nuts add a unique crunch to these cheesy quesadillas.

Brie-Pecan Quesadillas

Popping the Brie in the freezer for 30 minutes makes it much easier to chop for this super snack.

- 3 oz. Brie cheese, chopped (about ¼ cup)
- 2 8- to 9-inch flour tortillas
- 2 Tbsp. toasted chopped pecans or walnuts
- 2 Tbsp. snipped fresh Italian parsley or parsley
- ¼ cup dairy sour cream
- Parsley sprigs

Sprinkle cheese over half of each tortilla. Top with nuts and parsley. Fold tortillas in half, pressing gently.

In a lightly greased 10-inch skillet cook quesadillas over medium heat for 2 to 3 minutes or till lightly browned, turning once.

Cut quesadillas into wedges. Serve with sour cream and, if desired, garnish with parsley sprigs. Makes 4 servings.

Nutrition facts per serving: 170 cal., 12 g total fat (6 g sat. fat), 27 mg chol., 202 mg sodium, 9 g carbo., 0 g fiber, and 6 g pro. Daily Values: 8% vit. A, 4% vit. C, 6% calcium, and 5% iron.

Ham and Gouda Quesadillas: Substitute 1 cup shredded Gouda or smoked mozzarella cheese (4 ounces) for the Brie and ½ cup chopped smoked ham for the nuts.

Nutrition facts per serving: 198 cal., 13 g total fat (7 g sat. fat), 49 mg chol., 491 mg sodium, 9 g carbo., 0 g fiber, and 12 g pro. Daily Values: 9% vit. A, 11% vit. C, 19% calcium, and 6% iron.

the clever cook™

Each month in this column, you'll find tips from other good cooks. See "Be a Clever Cook" (*below*) to find out how you can earn money for sharing your cooking secrets.

Colorful Dots Mark Recipes

I keep a package of brightly colored peel-and-stick circles near my reading chair. As I go through each new issue of *Better Homes and Gardens®*, I "mark" with a sticker any recipes I think I may want to try later. This makes them a cinch to find.

Lewy Olfson, Madison, Wis.

Spice List at a Glance

Make a list on a recipe card of all the spices you have in your pantry. Store this list in the front of your recipe box. When you pull out a recipe, just glance at the spice card to determine if you have all the spices you need. You won't have to fumble through your spice racks to be sure you have the right spices on hand.

Lynda Tart, Durham, N.C.

Create Herb Mix from Leftovers

I love to cook with my fresh herbs but usually cut more than I need for a recipe. I can't bear to throw the extra herbs away, so I chop them and spread them on a plate to dry. When dry, I put them in a jar labeled "herb mix," and use them to season winter soups and stews.

Renee Pachta, Wamego, Kan.

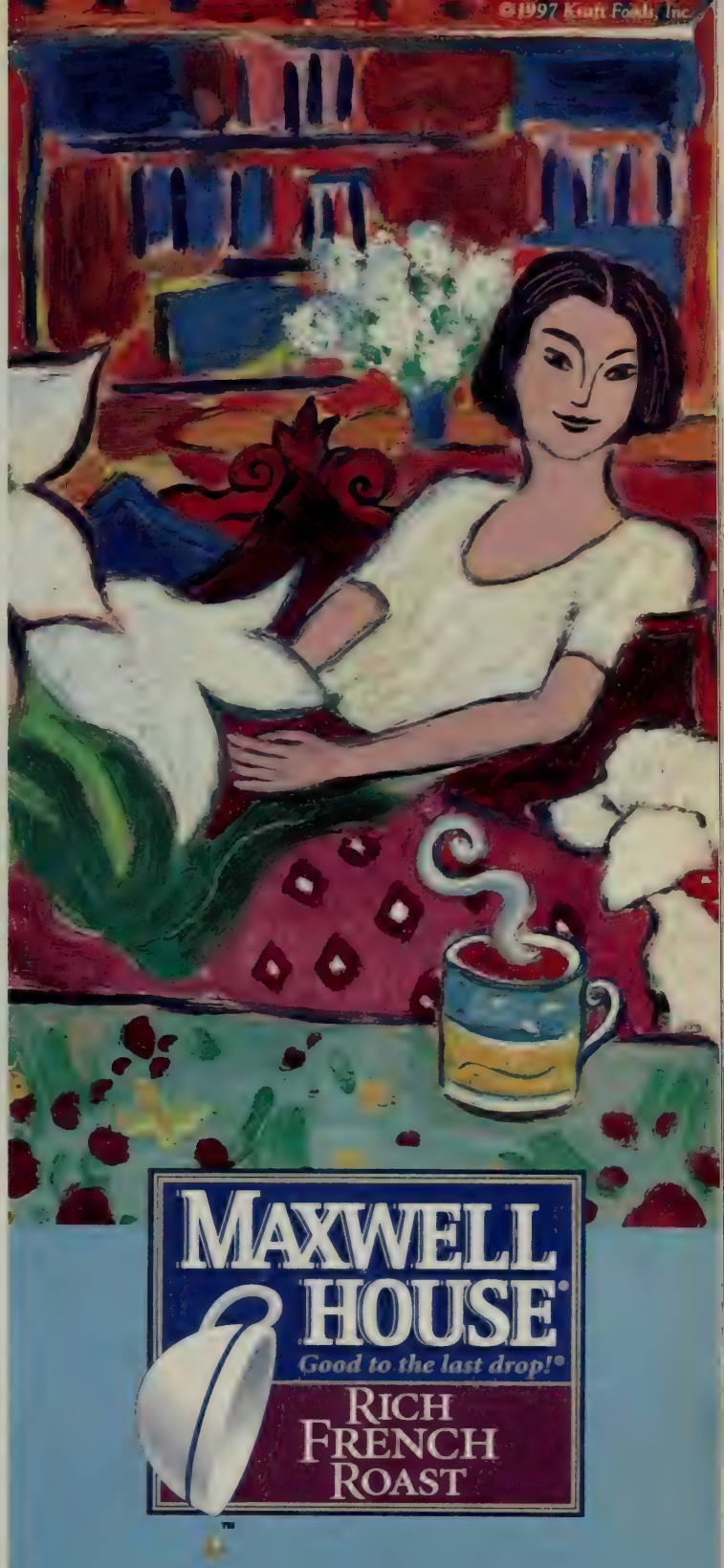
Protecting Nonstick Pans

If you stack your coated frying pans to save space, you can protect the nonstick surfaces by putting paper plates between the pans. They can be cut to fit and are easy to replace when worn.

Patti Harrington, Celina, Texas

BE A CLEVER COOK

The food editors of Better Homes and Gardens® magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of Better Homes and Gardens magazine.



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Playful Artichokes



The leafy globe provides a rare, socially acceptable opportunity to play with your food.



by Barbara Gibbs Ostmann

Springtime is prime time to play with, and enjoy, fresh artichokes. Although artichokes are available year round, more than half the crop is harvested between March and May. Another crop peaks in October.

The artichoke was introduced to this country by French settlers in Louisiana and by the Spanish in California. Italian immigrants, though, are credited with firmly establishing artichoke production in California—where most artichokes are grown—some 100 years ago.

The artichoke is actually a thistle; the part you eat is the flower's bud. The fibrous leaves and fuzz in the center of a mature bud are the choke and must be scraped away before you can eat the prized succulent heart or bottom of the artichoke.

Artichokes with Vegetable Stuffing

Serve this finger-and-fork food as a first course or as a vegetable side dish.

- 2 large artichokes
- 3 Tbsp. margarine or butter
- ¾ cup finely shredded carrot
- ½ cup chopped onion
- 2 Tbsp. snipped fresh parsley
- 1 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed
- 2 cloves garlic, minced
- ¼ tsp. pepper
- 1½ cups soft bread crumbs (2 slices)
- Fresh basil leaves (optional)

Trim and cook artichokes as directed on *page 222*. Drain. When cool enough to handle, halve each artichoke lengthwise. Pull out the prickly purple-tipped leaves in the center of each artichoke to expose the fuzzy choke. Using a small spoon or a melon baller, scrape out the choke and discard.

In a medium saucepan melt margarine or butter. Add carrot, onion, parsley, dried basil (if using), garlic, and pepper; cook over medium heat till tender, stirring occasionally.

continued on page 220

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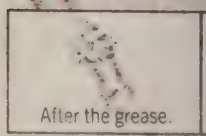
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Playful Artichokes

continued from page 218



Introduce newcomers to artichokes with this simple hors d'oeuvre platter. Spoon Curry Dip and Dilly Crab Dip into halved sweet peppers or into small bowls.

Remove from heat. Stir in bread crumbs and snipped fresh basil (if using). Spoon the vegetable mixture in the center of each artichoke half.

Place artichokes in a 2-quart square baking dish. Pour *boiling water* around the artichokes to a depth of ½ inch. Cover loosely with foil. Bake in a 400° oven for 15 to 20 minutes or till heated through. To serve, carefully remove artichokes with a slotted spoon to serving plates. Garnish with fresh basil, if desired. Makes 4 side-dish servings.

Nutrition facts per serving: 170 cal., 9 g total fat (2 g sat. fat), 0 mg chol., 253 mg sodium, 19 g carbo., 3 g fiber, 4 g pro. Daily Value: 70% vit. A, 19% vit. C, 10% iron.

Chilled Artichokes with Two Dips

- 2 to 4 large artichokes
- 1 recipe Curry Dip (see recipe, at *right*)
- 1 recipe Dilly Crab Dip (see recipe, at *far right*)

Trim and cook artichokes as directed on *page 222*. Serve warm or at room temperature. Or, cover and chill thoroughly. To serve, pull off all outer leaves and arrange on a serving platter with both dips. Discard sharp inner artichoke leaves and fuzzy choke. Slice artichoke heart (the bottom) and add to platter or reserve for another use.

Curry Dip

Look for curry paste in the Asian section of your supermarket or in ethnic markets. Or, for a less intense flavor, use curry powder.

- 1 8-oz. carton plain yogurt
- ½ cup light mayonnaise dressing or salad dressing
- 1 Tbsp. lemon juice or cider vinegar
- 2 tsp. prepared horseradish
- 2 tsp. grated onion
- 2 to 3 tsp. curry paste or 1 to 2 tsp. curry powder
- Green onion top (optional)

In a medium bowl stir together the yogurt, dressing, lemon juice or vinegar, horseradish, onion, and curry paste or powder. Cover and refrigerate for 2 hours or overnight. Garnish dip with green onion, if desired. Serve with warm or chilled artichokes. Makes about 1½ cups.

Nutrition facts per tablespoon: 23 cal., 2 g total fat (0 g sat. fat), 1 mg chol., 48 mg sodium, 1 g carbo., 0 g fiber, and 1 g pro. Daily Value: 0% vit. A, 0% vit. C, 1% calcium, and 0% iron.

Dilly Crab Dip

You can use frozen or canned crabmeat although for garnishing purposes, the frozen meat is prettiest. Crab-flavored, flaked fish (surimi) makes a less expensive and almost as tasty choice.

- ½ cup mayonnaise or salad dressing
- ½ cup dairy sour cream
- 1 cup flaked, cooked crabmeat (cartilage removed)
- 1 tsp. dried dillweed
- 2 tsp. finely chopped onion or green onion
- ½ tsp. finely shredded lime peel
- 1 tsp. lime juice
- Dash bottled hot pepper sauce
- Dash ground red pepper (optional)

In a medium bowl stir together mayonnaise or salad dressing, sour cream, ⅔ cup of the flaked crabmeat, dillweed, onion, lime peel, lime juice, hot pepper sauce, and ground red pepper, if desired; mix well. Season to taste with *salt* and *pepper*. Transfer to serving bowl and refrigerate for 2 hours or overnight. Just before serving, sprinkle dip with reserved crabmeat. Serve with warm or chilled artichokes. Makes about 1½ cups.

Nutrition facts per tablespoon: 49 cal., 5 g total fat (1 g sat. fat), 10 mg chol., 45 mg sodium, 0 g carbo., 0 g fiber, and 1 g pro. Daily Value: 1% vit. A, 0% vit. C, 1% calcium, and 0% iron.

Creamy Baby Artichokes

Remember this elegant side dish when serving a simply prepared meat such as grilled flank steak or broiled fish.
See photo, page 222.

- 1 cup water
- 1 Tbsp. lemon juice
- 8 baby artichokes (about 1 lb.)
- 1 onion, cut into thin wedges
- 2 Tbsp. margarine or butter
- 1 cup reduced-sodium chicken broth
- ¼ cup dry white wine
- 2 Tbsp. whipping cream
- 1 Tbsp. Dijon-style mustard
- ¼ tsp. pepper
- 1 Tbsp. snipped fresh dill
- Fresh dill sprigs (optional)

In a bowl combine the water and lemon juice; set aside.

Remove tough outer green leaves from baby artichokes, leaving the inner, greenish yellow leaves intact.

continued on page 222

Which is the real bacon?



(a) (b) (c)

(Answer: All of the above.)

Real Hormel® Bacon Adds Real Taste™

Hormel Foods

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Playful Artichokes

continued from page 221



Creamy Baby Artichokes, flavored with wine, mustard, and dill.

Snip off about 1 inch from the leaf tops, cutting where the green meets the yellow. Trim the artichoke stems. Quarter the artichokes lengthwise and place in the bowl of lemon water; set aside.

In a medium skillet cook onion wedges in hot margarine or butter till tender. Drain baby artichokes. Add artichokes, chicken broth, and wine to skillet. Bring to boiling; reduce heat. Cover and simmer about 10 minutes or till artichokes are tender.

Remove the artichokes with a slotted spoon; set aside. Boil cooking liquid, uncovered, about 10 minutes or till reduced to about ⅓ cup. Stir in the cream, mustard, and pepper. Simmer, uncovered, for 2 to 3 minutes or till sauce is slightly thickened. Return artichokes to skillet; heat through, spooning sauce over artichokes. Sprinkle fresh dill atop. Garnish with fresh dill sprigs, if desired. Makes 4 side-dish servings.

Nutrition facts per serving: 157 cal., 9 g total fat (3 g sat. fat), 10 mg chol., 427 mg sodium, 14 g carbo., 6 g fiber, and 5 g pro. Daily Value: 12% vit. A, 19% vit. C, 5% calcium, and 95% iron.

1997 Crop Prediction

Due to winter floods in California, artichoke supplies may dwindle in May; prices may be higher, too. So far, the fall 1997 crop looks promising.

ARTICHOKE TIDBITS

Look for artichokes that are compact, firm, and heavy for their size. Size can range from baby to jumbo, and the shape can be round or conical. Those with tightly packed leaves and an even green color are fresher.

Young, fresh, baby artichokes (2 to 3 ounces each) are the most tender and are almost entirely edible; only the outer leaves and stems need to be trimmed.

Size is not an indication of age; it depends on where the artichoke grew on the plant. The largest artichokes grow at the top of the stem in the center of the plant. Baby artichokes grow at the bottom of the plant where they are protected from the sun. Artichoke hearts also are available canned or frozen, with or without a marinade.

Keeping It Fresh

Sprinkle a fresh artichoke with a little water, then put it in an airtight plastic bag and refrigerate for up to a week. An artichoke is best if used soon after purchase.

Trimming

Rinse an artichoke under cold running water, flushing out any dirt between the leaves. Pull off and discard lower petals. Trim stem to one inch or less. Cut off the top quarter or third of artichoke.

Trim the leaf tips, if desired. Immediately rub the cut surfaces with a piece of lemon and drop the artichoke into acidulated water to help prevent browning. To minimize discoloration, use a stainless steel knife or scissors to trim the vegetable.

To use just the bottom or heart of the artichoke, remove all the outer leaves, then scrape away the prickly inner petals and the fuzzy choke.

For baby artichokes, peel off the tough outer green leaves to reveal a tender inner core where the leaves are half green (at the top) and half yellow. Cut off the top green part of the artichoke. Cut the stem flush with the base, and cut away any fibrous green outer layer covering the base. The rest is edible; there is no need to scrape out the choke, which is not developed. Leave whole, or halve or quarter. Immediately put trimmed artichokes in a bowl of acidulated water to help prevent browning.

Cooking

To boil: Cook, covered, in a large amount of boiling salted water for 20 to 30 minutes (depending on size) or till a leaf pulls out easily. (Allow about 15 minutes for baby artichokes.) Invert artichoke to drain. To prevent discoloration, do not use aluminum or cast iron pans; use stainless steel, nonstick-lined or enamel-coated cookware.

To micro-cook: Place one artichoke in a microwave-safe container; add an inch of water. Cover with wet paper towels or heavy-duty plastic wrap, venting one corner. Microwave on high 7 to 9 minutes or till a leaf pulls out easily, turning once. (Allow 6 to 9 minutes for baby artichokes.)

How to Eat an Artichoke

It will take you about 20 minutes to eat a whole artichoke, making it truly a case of delayed gratification.

Pull off the leaves (petals) one at a time, and draw each one between your teeth to remove the soft edible portion, then discard the leaf. (A plate for the discards is a nice touch.) Continue until you reach the prickly, purple-tipped leaves in the center. Scrape out the sharp leaves and fuzzy center (the choke) at the base and discard. The bottom (or heart) is entirely edible. Cut it into small pieces to eat it.

The leaves and the heart are usually served with a sauce or melted butter for dipping. Artichokes also can be marinated or stuffed with a filling of meat, vegetables or salad. Serve them hot or cold.



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Potatoes
AMERICA'S FAVORITE VEGETABLE



Spring for Lamb

Roasted leg of lamb is an honored guest at the Passover or Easter dinner table. A trimmed cut of lamb only has about as much fat as dark meat poultry. New Zealand lamb is prized, but American lamb has proven equally delicious. This roasted lamb is easy to prepare and its succulent flavor means it needs no heavy sauces or condiments.

Mint-Rubbed Leg of Lamb

Though lamb is often paired with mint jelly, this roasted leg lets you leave the jelly jar in the pantry. Serve the roast medium-rare to medium, in its own juices, with a simple arrangement of spring vegetables.

- 1 5-lb. whole leg of lamb (bone in)
- 8 cloves garlic
- 2 Tbsp. dried mint, crushed
- 1 Tbsp. coarse-ground black pepper
- ½ tsp. salt
- 3 Tbsp. honey
- Fresh mint sprigs (optional)
- Cooked herbed new potatoes (optional)
- Steamed baby carrots (optional)
- Steamed asparagus (optional)

Trim excess fat from meat. Cut ½-inch-wide slits into lamb leg in 16 different places. Cut garlic cloves in half lengthwise and insert each half-clove deep into each slit.

Combine dried mint, pepper, and salt; rub mixture over entire surface of lamb leg. Drizzle honey over lamb leg and rub to coat. Place on a rack in a shallow roasting pan. Cover lamb loosely with plastic wrap and refrigerate about two hours.

Remove plastic wrap. Insert a meat thermometer into thickest part of meat without touching bone. Roast, uncovered, in a 325° oven for 2 to 2½ hours or till thermometer registers 140° for medium-rare doneness or 155° for medium doneness. Remove from oven.

Cover meat loosely with foil and let stand for 15 minutes. Serve with cooked herbed new potatoes, steamed baby carrots, and steamed asparagus, and garnish with mint sprigs, if desired. Makes about 10 to 12 servings.

Nutrition facts per serving: 198 cal., 7 g total fat (2 g sat. fat), 80 mg chol., 169 mg sodium, 6 g carbo., 0 g fiber, 26 g pro. Daily Values: 0% vit. A, 5% vit. C, 1% calcium, 17% iron.

One-Pan Potatoes and Pepper Steak



medium potatoes, sliced 1/4 inch thick & microwaved 6 to 10 minutes until tender
lb. London broil, thinly sliced
Tbsp. garlic pepper
Tbsp. olive oil
green bell pepper, cut into thin strips

Wife potatoes cook, toss beef with garlic pepper nd heat oil in large skillet over high heat; add ef and toss 3 minutes. Remove beef. Add green pper to skillet; toss 3 minutes. Add potatoes; auté 5 minutes. Add beef; toss until heated rough. Season with salt.

ime: 20 minutes Servings: 4
r Serving: 364 cal., 12 g fat, 70 mg chol., 0 mg sodium, 33 g carb., 4 g fiber, 30 g pro.

THE POTATO BOARD

AMERICA'S **Potatoes** FAVORITE VEGETABLE


ROUND WHITE


RED


LONG WHITE


RUSSET



Celebrate the arrival of daffodils, tulips, and the Easter Bunny with our recipe for Lemon Meringue Pie from 1963.

When this lemony pie appeared on our magazine cover 34 years ago, our then-food-editor wrote, "Tart, but not too tart. Sweet, but not too sweet. Just right." In 1997, we agree. Adding the lemon juice after the filling is cooked gives this pie its more assertive flavor.

Lemon Meringue Pie

Bakers sometimes notice that their meringue "weeps" after baking. The key is to spread the meringue over the filling while it's still very warm.

- 1 9-inch Baked Pastry Crust
- 1½ cups sugar
- 3 Tbsp. cornstarch
- 3 Tbsp. all-purpose flour
- 1½ cups water
- 3 slightly beaten egg yolks
- 2 Tbsp. butter, cut up
- ½ to 2 tsp. finely shredded lemon peel
- ⅓ cup lemon juice
- 3 egg whites
- 1 tsp. lemon juice
- 6 Tbsp. sugar

Prepare Baked Pastry Crust. In a medium saucepan stir together the 1½ cups sugar, the cornstarch, and flour; gradually stir in water. Bring to boiling, stirring constantly. Reduce heat; cook and stir over medium heat for 2 minutes. Remove from heat. Gradually stir about 1 cup of the hot mixture into beaten egg yolks; pour yolk mixture into remaining hot mixture in saucepan. Bring to a gentle boil; cook for 2 minutes more, stirring constantly. Remove from heat; stir in butter and shredded lemon peel. Slowly stir in ⅓ cup lemon juice. Keep filling warm while preparing the meringue.

For meringue, in a large mixing bowl beat egg whites and 1 teaspoon lemon juice with an electric mixer on medium speed about 1 minute or till soft peaks form. Gradually add 6 tablespoons sugar, beating on high speed about 4 minutes or till stiff peaks form and sugar dissolves. Pour warm filling into cooled crust. Immediately spread meringue over filling, carefully sealing to edge of crust to prevent shrinkage. Bake in a 350° oven for 15 minutes. Cool on rack for 1 hour. Chill 3 to 6 hours before serving. Makes 8 servings.

Baked Pastry Crust: In a medium mixing bowl stir together 1¼ cups all-purpose flour and ¼ teaspoon salt. Using a pastry blender, cut in ⅓ cup shortening till pieces are pea-size. Using 4 to 5 tablespoons cold water, sprinkle 1 tablespoon at a time over flour-shortening mixture till all the dough is moistened. Form dough into a ball. On a lightly floured surface, roll dough to a 12-inch circle. Ease pastry into 9-inch pie plate, being careful not to stretch pastry. Trim and flute edge. Prick bottom and sides well with fork. Line pastry with double thickness of foil. Bake in a 450° oven for 8 minutes. Remove foil and bake 5 to 6 minutes more or till golden. Cool.

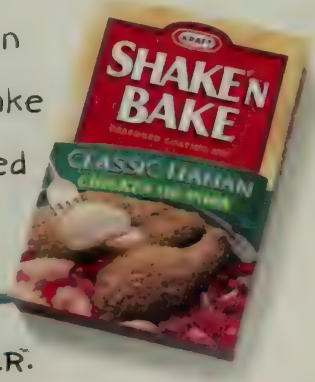
Nutrition facts per serving: 395 cal., 14 g total fat (5 g sat. fat), 88 mg chol., 139 mg sodium, 65 g carbo., 1 g fiber, 5 g pro. Daily Values: 14% vit. A, 8% vit. C, 8% iron. ♦



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Hints for the November 1997 Categories

Holiday Food Gifts: What better way to share the spirit of the season than with a gift from the kitchen? If you have a recipe for a special sauce, liqueur, candy, cake, or other fantastic food gift, we want to hear about it.

Champion Chilis: Whether you add beans, beer, or beef is up to you. Spice up the competition by sending the chili recipe you think will warm the hearts of our judges.

This Month's Winners—Pages 233 and 234

$400 Winners: Honee Aylmer, Lemoore, Calif.; Neeraja Narayanan, New York, N.Y. **$200 Winners:** Valerie Donaldson, Rohnert Park, Calif.; Norma J. Keleher, Pacific Grove, Calif. **$50 Honor Roll Winners:** Flavia Forgaci, Cumming, Ga.; Lynette A. Marois, South Hadley, Mass.; Karen A. Nemeth, Kingwood, Texas; Lynn Olszewski, Louisville, Ky.; Lynn Ondercin, Jackson, Wis.; Beth Pagel, Gainesville, Fla.; Amy Peck, Cheneyville, La.; Suzanne Twomey, Ventura, Calif., Sophie S. Zervos, San Clemente, Calif.; Sandy Znetko, Flagstaff, Ariz.

Contest Rules: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "November Holiday Food Gifts" or "November Champion Chilis." Specify brands and recipe origin. 3. Address recipes to 9711 Food Department, *Better Homes and Gardens*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by April 25, 1997, and received by April 30, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1997 top winners on or about January 5, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes, please. They will be judged on creativity, taste, and practicality by *BH&G*® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using two percent milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

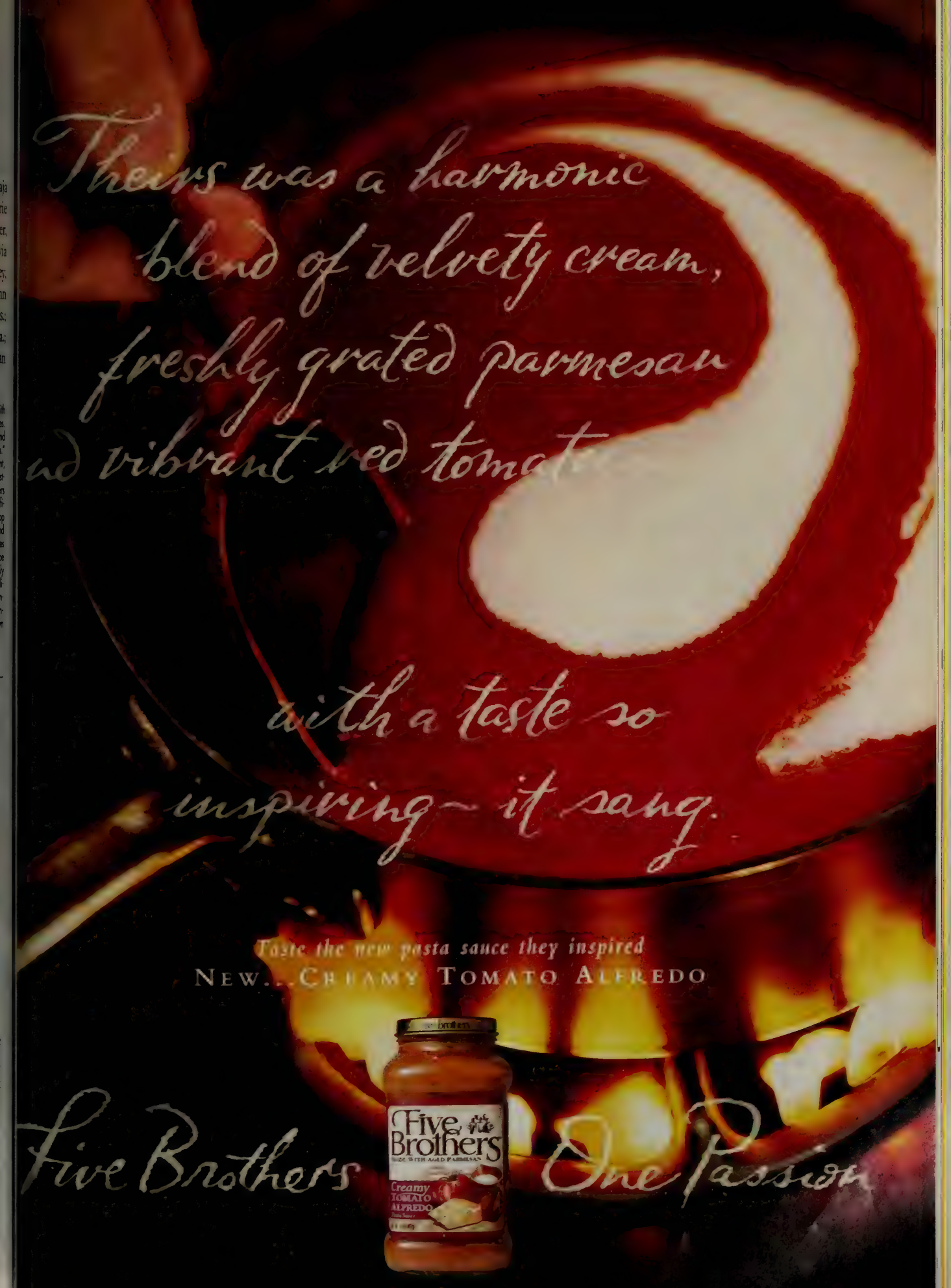
When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.


Theirs was a harmonic
blend of velvety cream,
freshly grated parmesan
nd vibrant red tomat
with a taste so
inspiring – it sang.
Taste the new pasta sauce they inspired
NEW...CREAMY TOMATO ALFREDO
Five Brothers
Creamy
TOMATO
ALFREDO
Five Brothers One Passion



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PRIZE TESTED RECIPES®

see page 230 for details



$400
WINNER

Honee Aylmer, Lemoore, Calif., in the Biscuits, Scones, and More category.
April 1997

Double Chocolate Scones

One bite of these decadently delicious scones will send you into chocolate ecstasy.

- 2 cups all-purpose flour
- ⅓ cup unsweetened cocoa powder
- ⅓ cup packed brown sugar
- 2 tsp. baking powder
- ¾ tsp. baking soda
- ⅛ tsp. salt
- ½ cup butter or margarine
- 1 beaten egg yolk
- 1 8-oz. carton plain yogurt
- ½ cup miniature semisweet chocolate pieces
- 1 recipe Powdered Sugar Glaze
- Powdered sugar, optional

In a large bowl stir together flour, cocoa powder, brown sugar, baking powder, baking soda, and salt. Using a pastry blender, cut in butter or margarine till mixture resembles coarse crumbs. Make a well in the center of dry ingredients; set aside.

Combine egg yolk and yogurt; add to dry ingredients. Add chocolate pieces. Stir mixture till moistened. On a lightly floured surface, gently knead dough 10 to 12 strokes or till dough is nearly smooth. Roll or pat dough into a 9-inch circle; cut in 10 wedges. Place wedges 1 inch apart on an ungreased baking sheet.

Bake in a 375° oven about 18 minutes or till bottoms are lightly browned. Remove from baking sheet; cool on a wire rack for 5 minutes. Drizzle with Powdered Sugar Glaze; if desired, dust top with powdered sugar. Serve warm. Makes 10 scones.

Powdered Sugar Glaze: In a small mixing bowl stir together ½ cup sifted powdered sugar, 1 tablespoon melted butter or margarine, 1 teaspoon milk, and 1 teaspoon vanilla. Add more milk, ¼ teaspoon at a time, till glaze is of a drizzling consistency.

Nutrition facts per scone: 289 cal., 14 g total fat (7 g sat. fat), 50 mg chol., 317 mg sodi-

Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*

PRIZE TESTED RECIPES®

see page 230 for details



$400
WINNER

Neeraja Narayanan, New York, N.Y., in the Chicken International category.
April 1997

Basil Chicken in Coconut-Curry Sauce

The spicy fusion of Thai and Indian flavors in this ethnic dish isn't for the faint of heart.

- 4 skinless, boneless chicken breast halves (about 1 lb.)
- ½ tsp. salt
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- ½ tsp. ground cloves
- ½ tsp. ground cinnamon
- ½ tsp. ground cardamom
- ½ tsp. cracked black pepper
- ¼ tsp. chili powder
- ¼ tsp. ground turmeric
- 1 large red onion, chopped (1 cup)
- 5 cloves garlic, minced
- 2 jalapeño peppers, seeded and minced
- 1 Tbsp. olive oil or cooking oil
- 1 14-oz. can coconut milk
- 2 tsp. cornstarch
- 3 Tbsp. snipped fresh basil
- 1 Tbsp. finely chopped gingerroot
- Hot cooked rice, optional

Rinse chicken; pat dry. Cut into 1-inch pieces; place chicken in a medium bowl. In a small bowl stir together the salt, coriander, cumin, cloves, cinnamon, cardamom, black pepper, chili powder, and turmeric. Sprinkle over chicken; toss to coat well. Cover and let stand at room temperature for 30 minutes or in the refrigerator for 1 to 2 hours.

In a skillet cook onion, garlic, and jalapeño in hot oil over medium-high heat for 2 minutes. Remove, reserving drippings in skillet. Add half of the chicken. Cook and stir for 2 to 3 minutes or till chicken is tender and no pink remains. Remove chicken from skillet. Repeat with remaining chicken. Remove chicken from skillet. Combine coconut milk and cornstarch. Carefully add to skillet. Cook and stir till thick and bubbly. Add chicken mixture, basil, and gingerroot. Cook 2 minutes more to heat through. Serve over rice and garnish with *red onion wedges* and *fresh basil*, if desired. Makes 4 servings.

Nutrition facts per serving: 361 cal., 25 g total fat (17 g sat. fat), 59 mg chol., 350 mg

PRIZE TESTED RECIPES®

see page 230 for details



$200 WINNER

Norma J. Keleher, Pacific Grove, Calif., in the Chicken International category.
April 1997

Plum Wonderful Chicken

Frozen lemonade concentrate and plum sauce are the secrets to the glaze's sweet-sour taste.

- 2½ to 3 lbs. meaty chicken pieces, skinned
- 2 Tbsp. olive oil or cooking oil
- ¼ cup chopped onion
- 1 clove garlic, minced
- 1 tsp. grated fresh gingerroot
- ⅓ cup plum sauce (half an 8½-oz. jar)
- ¼ cup frozen lemonade concentrate
- ¼ cup chili sauce
- 2 Tbsp. soy sauce
- 1 Tbsp. lemon juice
- 1 tsp. dry mustard

In a skillet brown chicken in hot oil over medium heat about 10 minutes. Remove chicken and place in a 3-quart baking dish. Drain off all but 1 tablespoon fat in skillet; add onion, garlic, and gingerroot. Cook till onion is tender. Stir together remaining ingredients. Carefully stir into onion mixture; bring just to boiling. Reduce heat and simmer, covered, for 5 minutes. Spoon mixture over chicken in dish. Bake, uncovered, at 350° for 40 to 45 minutes or till chicken is done, spooning sauce over chicken occasionally. Makes 6 servings.

Nutrition facts per serving: 255 cal., 11 g total fat (2 g sat. fat), 77 mg chol., 550 mg sodium, 13 g carbo., 0 g fiber, 25 g pro.



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Clip and save recipes in your *BETTER HOMES AND GARDENS NEW COOK BOOK*

PRIZE TESTED RECIPES®

see page 230 for details



$200 WINNER

Valerie Donaldson, Rohnert, Calif. in the Biscuits, Scones, and More category.
April 1997

Mediterranean Biscuits

These flavor-packed gems full of feta cheese and Greek olives go well beyond basic biscuits.

- 2 cups all-purpose flour
- 1 Tbsp. baking powder
- 1 Tbsp. sugar
- 1 tsp. dried basil, crushed
- ¼ tsp. salt
- 6 Tbsp. butter or margarine
- ¾ cup crumbled feta cheese
- ¼ cup pitted and chopped Kalamata olives
- 3 Tbsp. oil-packed dried tomatoes, drained and snipped
- ¾ cup light cream or half-and-half
- 1 egg yolk
- 1 Tbsp. light cream or half-and-half
- Whole Kalamata olives, optional

In a medium mixing bowl stir together flour, baking powder, sugar, basil, and salt. Using a pastry blender, cut in butter or margarine till mixture resembles coarse crumbs. Stir in feta, chopped olives, and tomatoes. Make a well in the center of the dry mixture. Add ¾ cup light cream or half-and-half all at once. Using a fork, stir just till moistened.

Turn dough out onto a lightly floured surface. Quickly knead dough by gently folding and pressing dough 10 to 12 strokes or till nearly smooth. Lightly roll out dough to a 10x8-inch rectangle, about ½ inch thick. Cut into 2-inch squares. Place biscuits 1 inch apart on ungreased baking sheet. Combine egg yolk and 1 tablespoon light cream or half-and-half. Brush tops of biscuits with egg yolk mixture. Bake in a 450° oven for 10 to 12 minutes or till golden. Remove from baking sheet and serve warm with whole Kalamata olives, if desired. Makes 20 biscuits.

Nutrition facts per biscuit: 120 cal., 7 g total fat (4 g sat. fat), 32 mg chol., 237 mg sodium, 11 g carbo., 0 g fiber, 3 g pro. Daily Values: 7% vit. A, 1% vit. C, 9% calcium, 4% iron



INTRODUCING THE DUNKABLE BROWNIE

It's the cookie for brownie lovers. Or the brownie for cookie lovers.
Sinful, delicious and easily made in one bowl. Just make sure you have enough milk.

ONE BOWL

BAKER'S® ONE BOWL CHOCOLATE BROWNIE COOKIES

6 squares BAKER'S Semi-Sweet Baking Chocolate*
4 squares BAKER'S Unsweetened Baking Chocolate
6 Tbsp. butter (3/4 stick) or margarine
1 1/4 cups sugar
3 eggs
2 tsp. vanilla
1 cup flour
1 tsp. CALUMET Baking Powder
1/4 tsp. salt
2 cups toasted chopped walnuts (optional)

Heat oven to 325°F.

1. **Microwave:** semi-sweet and unsweetened chocolates and butter in a large microwavable bowl on HIGH 1 1/2 to 2 minutes or until chocolate is almost melted, stirring halfway through heating time. Stir until chocolate is completely melted and smooth.
2. **Stir:** sugar into chocolate mixture until blended. Mix in eggs and vanilla. Stir in flour, baking powder and salt. Stir in nuts. (Dough will be soft.) Drop by rounded tablespoonfuls, 1 1/2 inches apart, onto ungreased cookie sheet.
3. **Bake:** 12 minutes or until set. DO NOT OVERBAKE. Cool 5 minutes; remove from cookie sheet. Cool completely on wire racks. Store in airtight container.

* Or use 1 pkg. (6 squares) BAKER'S Bittersweet Baking Chocolate Squares.

(Makes about 3 dozen.)



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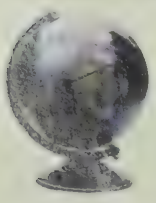




Our Children:

Parenting Yesterday and Today

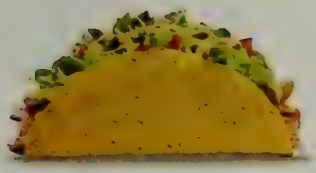
When the first issue of *Better Homes and Gardens*®—then titled *Fruit, Garden and Home*—appeared in 1922, America was in many ways a simpler place.  Children played on tree-shaded lanes, rushing home to drink fresh lemonade and hug their mothers. Parents didn't have a fraction of the worries they do in today's complex world. Or so our nostalgia would have us believe. In fact, early 20th-century  parents had plenty to worry about, including the very basics of safeguarding their children's survival. Mothers and fathers were constantly on guard against dangerous childhood diseases like measles and scarlet fever, which have since been nearly eradicated.



And, without modern conveniences that we take for granted today, simply feeding, cleaning, and clothing children was infinitely more challenging and time-consuming. Myriad changes in American society have transformed life at home over the past 75 years. Though some of the challenges of parenthood have changed during this time, the basic concerns have not. Then, as now, parents' primary aim was to keep their children safe and healthy and to help them become productive, responsible members of society.



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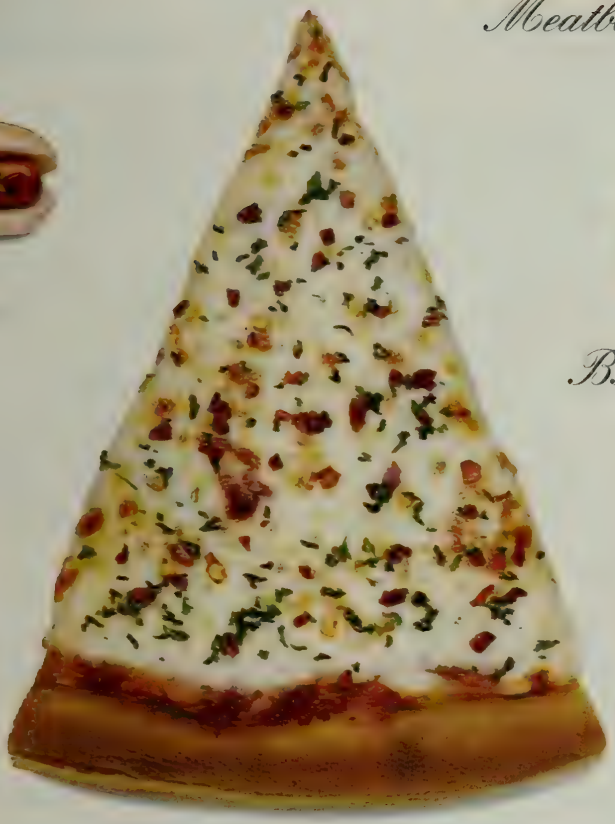
Chicken Taco



Meatball Hero



Hot Dog



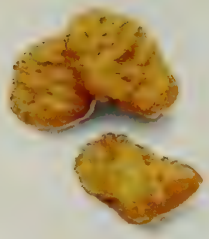
Cheese Pizza



BBQ Roast Beef Sandwich



Hamburger



Chicken Nuggets

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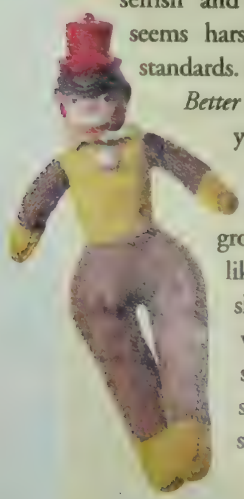


For 75 years, *Better Homes and Gardens* has been a constant companion and guide for American parents. Recognizing that a loving, healthy family is at the center of every happy home, the magazine's editors have shared child-rearing tips and provided readers with a forum for exchanging ideas. For more than two decades, Child Health Specialist Gladys Denny Shultz was the voice of experience for readers seeking guidance, reassurance, or just company in raising their children. Drawing on her own experience–and learning as she went–Shultz shared the trials and triumphs of bringing up her own children. Later, other editors and experts also contributed to the discussion, as did readers who wrote in to columns such as "Young Mothers' Exchange" and "Family Network."

1930s

In the 1930s, American families gathered around their radio sets to momentarily forget the blues that engulfed the country during the Great Depression.

Much of the language used by Shultz and her successors would no doubt seem quaint to modern ears, and some of their advice outdated, even a tad bizarre. For example, in 1944 an editor wrote, "We fathers and mothers must realize that our children are little more at first than wild animals, and that unless they are taught they will so remain – selfish and predatory"–a perspective that seems harsh by today's more humanistic standards. But a look through old issues of *Better Homes and Gardens* reveals that yesterday's parents and experts alike fretted over the same problems that now concern grown-up baby boomers; problems like how to get children to eat and sleep sufficiently, to be happy and well-mannered, and to do well in school. And for the most part, the solutions they have found withstand the test of time.





1920s

In the aftern of the Great War, many Americans found cozy refuge from the excesse of the Jazz A in home and family.

Dietary Dilemmas

Questions of diet and nutrition have always been high on parents' lists of perennial concern. Despite numerous scientific advances, succeeding generations of parents have struggled with the same questions: "Is it better to feed infants on a strict schedule or on demand?" "How can I get my child to eat his vegetables?" "Are vitamin supplements necessary?"



Some theories and practices that our grandparents and parents swore by now seem unnecessary. In 1931, for example, Shultz wrote of starting her infant son on daily doses of cod-liver oil before he was five months old. From cod-liver oil to tofu, parents have embraced and then rejected numerous diet fads over the years. In the '30s mothers wondered, "Does it really pay to can?"; in the '70s they wanted to know about the new "health food." Trends have come and gone, but parents–and editors–usually come back to good common sense. As one editor wrote in 1928, "Just because we have found something new, it is not necessary to discard all the old, proven standbys."

Striving for Savvy

As the century has progressed, medical advances have done away with some threats to children's physical health–polio, for instance–while changes in lifestyle, society, and the environment have created



The easiest multiple choice test your kids will take all semester.



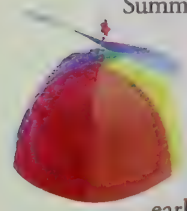
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The Good Stuff Kids Go For.



some new worries. Before refrigerators were standard household fixtures, food spoilage made summer heat especially perilous for young children – a problem that wouldn't cross most modern parents' minds.



Summertime also brought unrecognized dangers in the "good ol' days." For example, today's mothers and fathers would probably cringe at an editor's suggestion, in 1956, that young children be exposed to the sun as soon as weather permitted. "If you start early," they wrote, "your child will have a healthful tan by late April." Now, of course, the phrase "healthful tan" is an oxymoron; parents go to great lengths to protect children from the sun's harmful rays, slathering them with sunscreen and keeping a large supply of sun hats handy.



Post-war relief and prosperity gave birth to the relaxed suburban lifes[illegible] 1950s, cent[illegible] around the family TV and [illegible] backyard pati[illegible]

The shrinking of the ozone layer, increased use of chemical preservatives, and numerous societal changes have given rise to some fears and dangers that were inconceivable in our grandparents' day. For instance, rising cancer rates, substance abuse, and the increasing incidence of eating disorders and sexually transmitted diseases simply weren't on the parental radar screen 75 years ago.

Parents have had quite a job keeping up with the times, as they have tried to stay ahead of the curve in keeping their children healthy. *Better Homes and Gardens* editors have worked hard to satisfy parents' hunger for up-to-date information to help protect their kids, alerting readers to new hazards such as Lyme disease and poisonous lead paints, describing new medical treatments, and introducing new sections on family health and child psychology.

1940s

The second World War brought rationing and a renewed sense of patriotism, transforming American family life as everyone contributed to the war effort.

During World War II, when the magazine's pages clearly reflected the spirit of patriotic sacrifice that swept the nation, its advice and readers' forum features took on special urgency. Many young mothers found themselves suddenly alone with anxious children after their husbands were drafted and shipped overseas. Struggling with rationing, loneliness and exhaustion, readers freely sought and shared tips for getting through the hardships of war. Editors, for their part, helped guide readers through the special challenges of wartime – such as comforting youngsters who missed their fathers or whose older siblings were missing in action.





Toilet Training and Thumb Sucking

Some attitudes and beliefs surrounding development of basic social skills have changed dramatically since the early years of this century, when discipline was the rule of the day. In 1931, Schultz wrote detailed reports of her son Peter's toilet-training, a process that included laying the three-month-old infant on his back for hours at a time – a chamber pot tied to his bottom–and checking on his "progress" at regular intervals.



GO AHEAD. MAKE MY SPRAY.

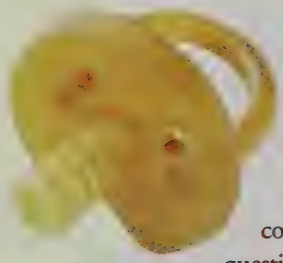


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Put his muscle to work in a bucket, on a sponge r even in a spray. One powerful cleaner. One easy vay to clean it all!

Get the whole job done with one...ULTRA MR. CLEAN



The accepted approach to toilet training may have grown less rigid over the years; yet judging from their frequent appearance in advice columns and readers' letters, some questions remain as open to debate as ever. Parents, editors, and so-called experts all seem to go around in circles on the relative harm and merit of thumb sucking and spanking, for example.

One mother of two whose letter appeared in the magazine in January 1931 might have predicted her own granddaughter's sentiments fifty years later when she wrote, "I have read and heard so many speeches on 'don't spank your child' that I am quite 'fed up' on the subject."

But it's unlikely that aggravated mother could have predicted some of the sweeping societal changes that would make her granddaughter's life vastly different from her own.

The Traditional Family–Redefined

In the post-war years, technology altered the landscape of the American home. Combined with other influences, a newfound freedom from household chores led women to begin to define themselves as more than wives and mothers.

By the mid-'70s women had entered the workforce in unprecedented numbers, and editors at *Better Homes and Gardens* kept pace. More articles began to focus on issues like finding good daycare, preparing nutritious meals quickly, and juggling work and family. By the '90s, the traditional nuclear family had lost some, if not much of its dominance. BH&G® editors acknowledged this shift by introducing frequent features on issues of social concern – homelessness, the environment, the global economy, and technological change.

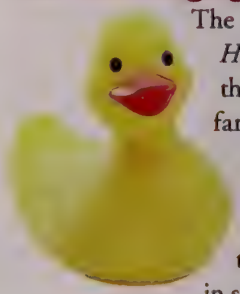


1970s Family life started getting more complicated in the '70s, when the women's movement led many wives and mothers to start careers as well.

1990s Computer technology brings the world into the living room - and creates a new activity parents can share with their children.

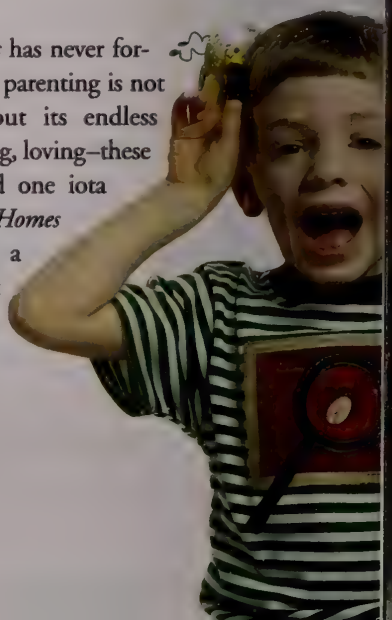


Ever-Challenging but Always Fun



The content of today's *Better Homes and Gardens* attests to the complexity of American family life but also to its unchanging core: the delight that loving family members take in each other. If a single theme has withstood changes in society over the past 75 years, it is that bringing up children is a joy. The magazine's editors have helped parents remember that perhaps no other experience in life is as downright fun as raising your children and helping them learn and grow. In the last few years, the magazine's emphasis on family fun took on its most modern look yet with the introduction of "BH&G Kids®," which suggests games, crafts and all sorts of activities for kids and parents.

Better Homes and Gardens has never forgotten that the essence of parenting is not its endless challenges but its endless rewards. Playing, nurturing, loving–these elements haven't changed one iota from the day when *Better Homes and Gardens* first graced a kitchen table. Like wet diapers and skinned knees, they are forever.



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continued from page J1

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continued on page J

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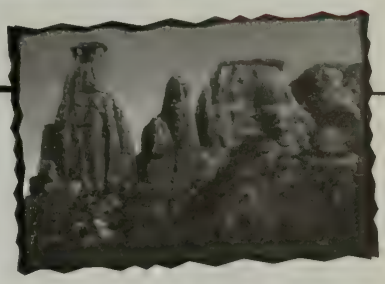
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hese celebrations, together with countless her Wyoming attractions and special ents, are great places to be this summer. etting to them can be just as much fun as ing there. Let's look at a few choice ures.

hree scenic byways cross the Big Horn ountains in north-central Wyoming. The loud Peak Skyway (US-16), the Big Horn enic Byway (US-14) and the Medicine heel Passage (US-14A). All are highly enic and wonder-filled. All will get you fely to the other side in about the same ne, but please don't hurry.

isitors to the Yellowstone-Grand Teton ational Park region of northwest Wyoming have several options. US-14-16-20, the Buffalo Bill Cody Scenic Byway, leads due west from Cody to Yellowstone's East Gate. The Chief Joseph Scenic Highway, (WY-296) takes a northwest track from the Cody/Powell area over Dead Indian Hill to join the Beartooth Scenic Byway (US-212) to enter the Park's Silver Gate.

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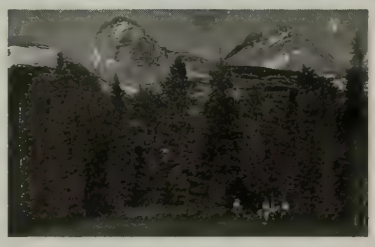
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WYOMING

Teton National Park at Moran Junction. Another section of the same Byway (US-189-191) enters Jackson Hole from the south after following the Hoback River through its historic canyon.

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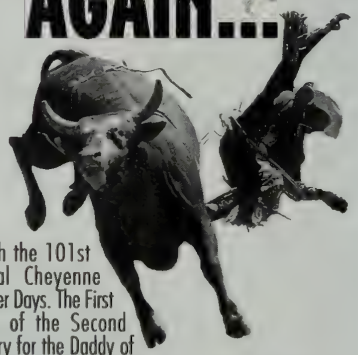
The U.S. Bureau of Land Management has also designated three roads as Back Country Byways. These roads entice adventurous travelers to leave the pavement and explore remote Wyoming.

The south Big Horn/Red Wall Back Country Byway loops north from US-20-26 west of Casper to offer grand views of the red rock cliffs that frame the southern Big Horn Mountains. The Seminoe-Alcova Back Country Byway, south of Casper, connects two of Wyoming's most popular state parks with a road that is worthy of park status itself.

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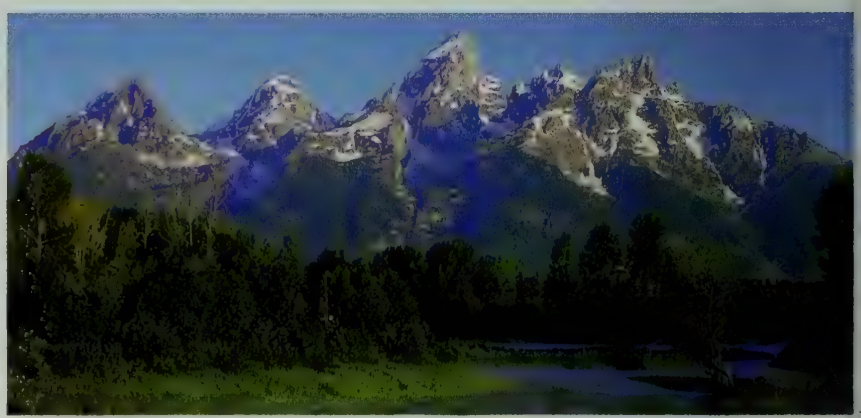
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Dust covers the parked cars and a dog sleeps in the middle of Alleghany, California's main street. The action in this sleepy mountain town located about an hour northeast of Nevada City is underground.

Alleghany is home to the Original 16-to-1, a 100-year-old gold mine that's still being worked. Modern-day miners recently uncovered a million dollars' worth in a single day. Miners dig for gold during the week, leaving weekends to visitors who want to tour the mine.

Two tours offer visitors the chance to learn about gold mining. Both the Historic Mine Tour and the Underground Tour start in the Alleghany Mining Museum, housed in a former livery stable on the town's main street. Here you'll see videos and photographs of underground hard-rock mining operations and hear the story of the Original 16-to-1.

The Historic Mine Tour, guided by a miner, goes to the earliest-worked part of the mine and to the original mine portal for a peek inside (2½ hours; $25 per person).

The more hardy tourist can head deep into the mine on the Underground Tour. You'll slosh through shallow water and dodge head-banger rocks on your way to the "Ballroom," a high-ceilinged cavern carved into the rock at the 1,100-foot level. Here you'll use a metal detector to locate gold; any specimens found can be bought, usually for around $25. Kids must be 10 or older to go below; hard hat and rubber boots provided (5 hours; $95).

Tours are available seven days a week April through October, then on weekends through the winter. Reservations are required. For more information or to reserve a tour, call the mine at 916/287-3330. ⌂

—by Don Baumgart

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Savory Muffins

By Julia Martinusen

Muffins taste great for breakfast, but they belong at other meals, too. By adding cheese, herbs, and other flavorful ingredients, you can transform plain muffins into something flavorful for lunch, dinner, or parties. They're perfect hot from the oven, but you can also bake ahead and reheat them right before serving.

Basic Savory Muffins

To make bite-size muffins for snacks, bake them in 1¾-inch muffin pans for 10 to 12 minutes.

- 1¾ cups all-purpose flour
- 3 Tbsp. sugar
- 2 tsp. baking powder
- ¼ tsp. salt
- 1 beaten egg
- ¾ cup milk
- ¼ cup cooking oil

In a medium mixing bowl stir together flour, sugar, baking powder, and salt. Make a well in the center of the flour mixture. In a small mixing bowl combine egg, milk, and oil; add all at once to flour mixture. Stir just till moistened. (The batter should be lumpy.) Lightly grease muffin cups; fill ⅔ full. Bake in a 400° oven about 20 minutes or till golden. Remove the muffins from pans; serve warm.* Makes 10 to 12 muffins.

Nutrition facts per Savory Muffin: 153 cal., 6 g total fat (1 g sat. fat), 23 mg chol., 142 mg sodium, 20 g carbo., 1g fiber, 3 g pro. Daily Values: 2% vit. A, 0% vit. C, 7% calcium, 7% iron.

**Note:* To make ahead, tightly wrap baked muffins in heavy foil; freeze for up to 3 months. To reheat, place wrapped frozen muffins in a 300° oven and heat for 12 to 15 minutes for 1¾-inch muffins and 15 to 18 minutes for 2½-inch muffins.



Basic muffins are transformed into new combinations, including, clockwise from top: Tomato-Olive Muffins, Red Pepper-Mozzarella Muffins, Pesto Muffins, and Double Corn Muffins.

Red Pepper-Mozzarella Muffins: Prepare as directed, except fold ½ cup shredded smoked mozzarella cheese, ⅓ cup chopped roasted red sweet pepper, and ¼ teaspoon cracked black pepper into batter. Sprinkle the greased muffin cups generously with cornmeal. Fill the muffin cups ⅔ full. Top the muffin batter with additional cracked black pepper before baking.

Pesto Muffins: Prepare regular-size muffins as directed, except add 2 tablespoons pesto to batter. Fill the muffin cups ⅓ full with batter, top each with 1 teaspoon cream cheese, then top with enough batter to fill each muffin cup ⅔ full.

Tomato-Olive Muffins: Prepare as directed, except use ⅓ cup olive oil instead of cooking oil. Fold ¼ cup drained, snipped oil-packed dried tomatoes; ¼ cup chopped, pitted ripe olives; and ¼ teaspoon crushed, dried rosemary into muffin batter.

Double Corn Muffins: Prepare as directed, except decrease the amount of flour to 1 cup. Add ⅔ cup yellow cornmeal; ½ cup drained, canned whole kernel corn with sweet peppers; and ½ cup shredded Monterey Jack cheese with peppers to flour.


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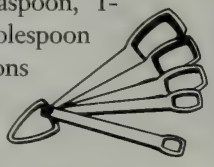


Treasure was meant to be discovered.

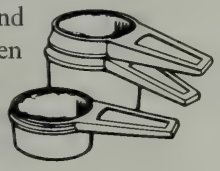
Measuring For Success

Recipe success means measuring ingredients properly. Here's a refresher on measuring.

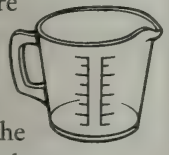
Measuring spoons measure dry or liquid ingredients. A set includes ¼-teaspoon, ½-teaspoon, 1-teaspoon, and 1-tablespoon sizes. These spoons are standardized so they're much more accurate than those used for eating. When measuring dry ingredients, use the flat side of a knife to level the top.



Dry measuring cups should be used for measuring dry ingredients only. These stackable cups come in sets, including ¼-cup, ⅓-cup, ½-cup, and 1-cup sizes. When measuring dry ingredients, such as flour, use the cup that matches the amount you need. Lightly spoon the dry ingredient into the cup and level the top. When measuring all-purpose flour, first stir the flour to lighten (you do not need to sift it). Cake flour and powdered sugar tend to clump so they do need sifting. For brown sugar, lightly pack it in the measuring cup so it holds the shape when inverted.



Liquid measuring cups have spouts for pouring and are made of glass or clear plastic. They also have measurement lines, usually in cups and ounces. To measure liquids, such as water, set the cup on a flat surface. Bend, so your eyes are even with the measurement line, and slowly add the liquid to that mark. ⌂



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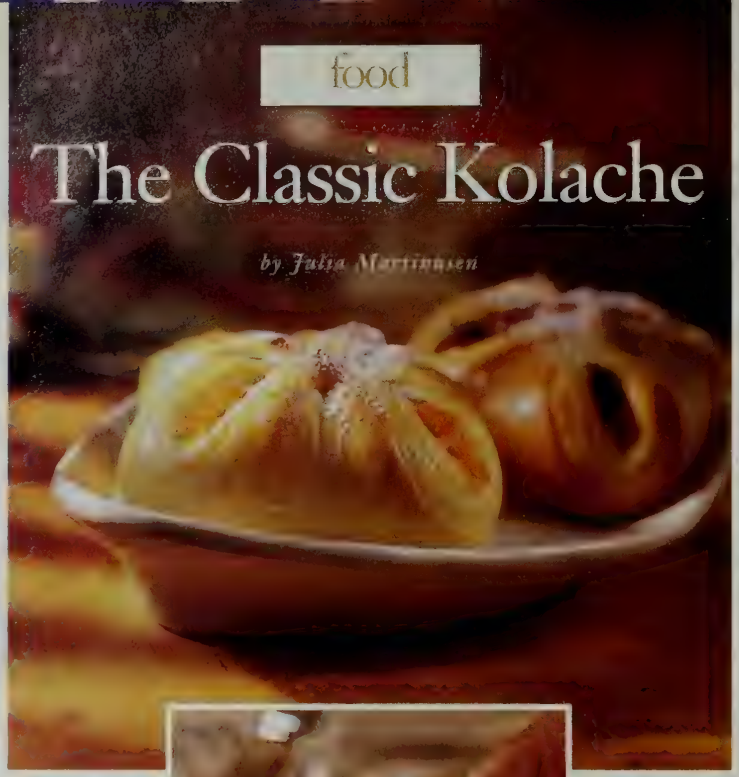
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The Classic Kolache

by Julia Martinsen



Czechoslovakians love their kolaches—sweet, light yeast buns with a delicious choice of fillings. But, as with any passion, ardent Czech bakers feel strongly about what constitutes a true kolache. They're likely to argue over the spelling and pronunciation, the sweetened filling, and the presentation. Kolache (koh-LAH-chee) is the most prevalent spelling, but you may also see kolacky or kolachke (koh-LAH-kee). These differences depend on where in Czechoslovakia each family recipe originated.

Just as the spelling and pronunciation can vary, the presentation can differ from region to region in both Czechoslovakia and the United States. The traditional kolache from Czechoslovakia is large with four fillings such as cottage cheese, poppy seed, prune, and cherry (for kids) or apricot (for adults). When Czechs immigrated to the United States, they needed a more manageable size kolache for traveling, so they shrank the bread with just one filling.

Kolaches

Midwesterners tend to prefer open kolaches loaded with filling. In areas where western Bohemians settled, such as Minnesota and Texas, they still make closed kolaches like this one.

- 4 to 4½ cups all-purpose flour
- 1 pkg. active dry yeast
- ½ tsp. ground mace or ground nutmeg
- 1 cup milk



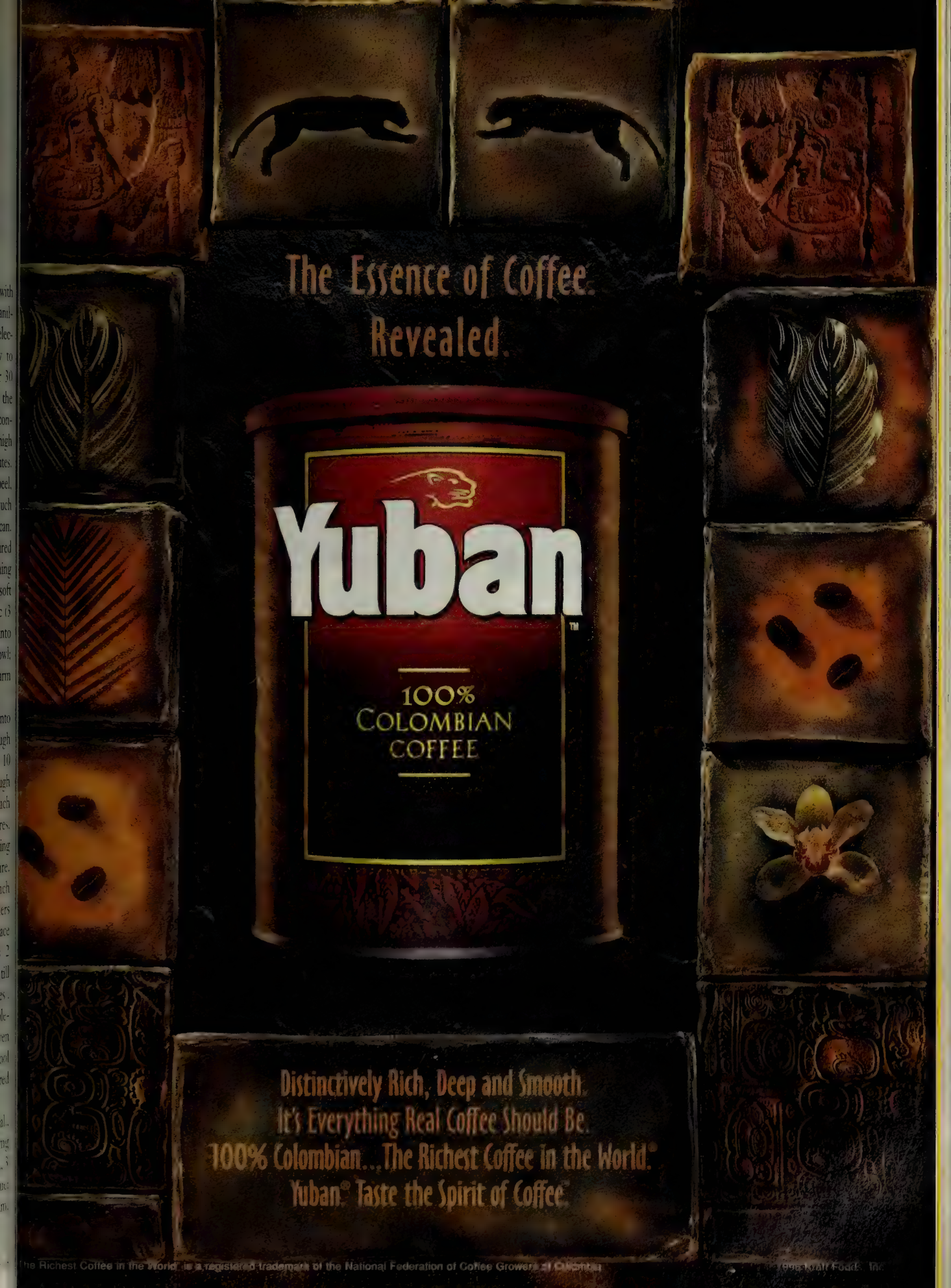
Place a rounded teaspoon of filling onto each dough square, then draw the four moistened corners up over the filling and press together to seal.

- ½ cup butter
- ¼ cup granulated sugar
- 1 tsp. salt
- 2 eggs
- 1 tsp. vanilla
- 1 tsp. finely shredded lemon peel (optional)
- Canned poppy seed, date, cherry, or apricot pie filling or cake and pastry filling
- 1 egg
- 1 Tbsp. milk
- Sifted powdered sugar

In a large mixing bowl stir together 2 cups of the flour, the yeast, and mace or nutmeg; set aside. In a medium saucepan heat and stir milk, butter, granulated sugar, and salt just till warm (120° to 130°) and butter almost melts. Add milk mixture to dry mixture along with the two eggs and vanilla. Beat with an electric mixer on low to medium speed for 30 seconds, scraping the sides of the bowl constantly. Beat on high speed for 3 minutes. Stir in the lemon peel, if using, and as much of the remaining flour as you can. Turn dough onto a lightly floured surface. Knead in enough remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape dough into a ball. Place in a lightly greased bowl; turn once. Cover; let rise in a warm place till double in size (1 hour).

Punch dough down. Turn onto lightly floured surface. Divide dough in half. Cover and let rest for 10 minutes. Roll each half of the dough into a 12x8-inch rectangle. Cut each rectangle into six 4x4-inch squares. Place a rounded teaspoon of filling onto the center of each square. Brush the four corners of each square with water. Draw the corners up and gently press together. Place on well-greased baking sheets 2 inches apart. Cover; let rise again till double (about 30 to 45 minutes). Brush with egg beaten with 1 tablespoon milk. Bake in a 375° oven about 15 minutes or till golden. Cool on a wire rack. Dust with powdered sugar. Makes 12 Kolaches.

Nutrition facts per kolache: 335 cal., 11 g total fat (5 g sat. fat), 75 mg chol., 293 mg sodium, 50 g carbo., 3 g fiber, and 7 g pro. Daily Value: 10% vit. A, 0% vit. C, 5% calcium, and 15% iron.



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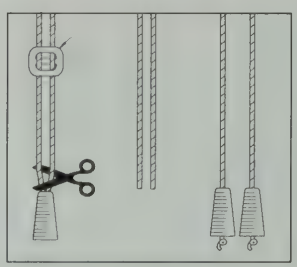
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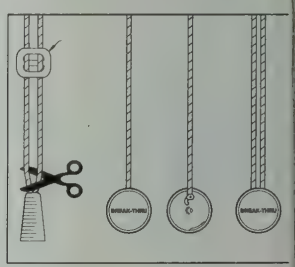
design

Shade Safety



Cordless shades eliminate any hazards for children. But if your shade have cords, you can retrofit them with safety-minded hardware.





At first glance, window shades would seem to pose n safety threat. However, since 1981, pull cords have stran gled more than 140 children. Thus, a campaign is on t make window-shade safety a higher priority.

Cordless shades are one way to eliminate the problem If you already have corded shades in place, there are stil other solutions. According to the Window Coverin Safety Council, one way is to eliminate the loop on two corded shades. As shown *above left*, start by cutting th cord above the end tassel. Remove the equalizer buckle add new tassels for the two cords that have been created and tie knots beneath each tassel to hold them in place (New tassels are available free of charge at window cover ing retailers; call 800/506-4636 to find the nearest partic ipating store or to order tassels.)

When shopping for new window coverings, look fo safety tassels, as shown *above right*. These circular-styl tassels, attached to cords by tying a knot, snap together With pressure, the tassels—and the cords—separate.

Painting Masonry

by Steve Cooper

Choosing the right paint for your home is always important. But it may be doubly so when painting interior or exterior masonry—stucco, poured concrete, and cement block. This is because the right paint not only prevents color from fading during prolonged exposure to the sun, but also stops deposits in the masonry from rising to the surface.

A high-quality latex exterior paint, made of 100 percent acrylic binders (which create uniform consistency), can cost from $5 to $10 more per gallon than a general exterior paint. Your extra investment, however, will pay off in colors that remain vibrant.

Such paint lasts approximately 10 years, which is about twice as long as standard exterior paint. And if you're like most homeowners who hire the job out, that means you'll have saved double the labor costs.

You'll also prevent a variety of unwanted surface conditions:

- **Alkali burn.** In new masonry, surface alkalinity can break down the binder in some latex paints, causing the color to fade quickly.
- **Efflorescence.** No matter how old your masonry is, a white, salty substance can rise to its surface.
- **Chalking.** The sun's ultraviolet rays can cause your color to look chalky or to fade.

In general, high-quality acrylic latex paints adhere better, offer greater coverage, combat cracking, resist dirt and mildew, and retain color longer than standard paint.

Properly preparing the surface before you paint is nearly as important as the paint you select. All surfaces should be cleaned. Prevent new cement blocks from drinking up the color by priming them with a latex block filler. New concrete should be cured for 90 days. For aged, uncoated concrete, repair cracks and holes with a masonry patching compound, and remove stains with a stiff brush, hot water, and cleanser.

Painted, stained, or sealed concrete will need to be deglossed or stripped with a product made for that purpose (available at home centers and paint stores). If your older masonry tends to produce efflorescence or become chalky, prepare it for a new coat of paint with a fresh application of masonry conditioner or sealer.

For best results, paint in 65- to 80-degree temperatures with no more than 50 percent humidity and no rain in the 24-hour forecast. For rough textured surfaces, use a long nap roller; for smooth surfaces, use a nylon brush. Be sure to allow the surface at least four hours drying time before a second coat.



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Pancake Ideas by the Stack

Choose your grain and fruit

by Julia Martinusen



Flip for some flapjacks that are full of surprises. You can make these hearty hotcakes twice every weekend all year long and never have the same combination twice. Our versatile pancake recipe lets you add different fruits and grains to the batter each time you make it. The rest is easy—cook each griddle cake till golden, then add your favorite syrup.

Pick-A-Grain Fruit Pancakes

Look for the different grains in the baking or cereal sections of your supermarket or at a health-food store.

- 1¾ cups all-purpose flour
- 2 Tbsp. sugar
- 1 Tbsp. baking powder
- 1 tsp. ground cinnamon (optional)
- ¼ tsp. salt
- 1 beaten egg
- 1½ cups milk
- 3 Tbsp. cooking oil
- Desired fruit (see options right)
- Margarine or butter (optional)
- Maple- or fruit-flavored syrup (optional)

In a large mixing bowl stir together flour, sugar, baking powder, cinnamon (if desired), and salt.

In another mixing bowl use a fork to beat egg slightly; stir in milk and cooking oil. Add egg mixture to flour mixture all at once; stir just to blended but still slightly lumpy. Stir in desired fruit.

For each pancake, pour about ¼ cup batter onto a hot, lightly greased griddle or skillet. Cook over medium heat till bubbly and edges are slightly dry. Turn; cook till golden. Serve with margarine and syrup. Makes 12 pancakes.

Fruit options: Stir one of the following fruits into the pancake batter: ½ cup chopped fresh apples, apricots, peaches, nectarines, or pears; ½ cup fresh or frozen blueberries; ⅓ cup chopped fresh cranberries; or ¼ cup chopped dried apples, pears, apricots, raisins, currants, dates, cranberries, blueberries, cherries, or mixed fruit.

Rye Pancakes: Prepare pancakes as directed, except decrease all-purpose flour to ¾ cup. Add 1 cup rye flour. Try apples, pears, raisins, dates, or peaches.

Whole Wheat Pancakes: Prepare as directed, except decrease the all-purpose flour to ¾ cup. Add 1 cup whole wheat flour.

Buckwheat Pancakes: Prepare as directed, except decrease all-purpose flour to ¾ cup. Add 1 cup buckwheat flour. Try with blueberries, cherries, and dried fruit.

Cornmeal Pancakes: Prepare the pancakes as directed, except use 1¼ cups all-purpose flour. Add ½ cup cornmeal.

Oat Bran Pancakes: Prepare as directed, except use 1½ cups all-purpose flour. Add ¼ cup oat bran.

Wheat Bran Pancakes: Prepare as directed, except use 1½ cups all-purpose flour. Add ¼ cup wheat bran.

Triticale Pancakes: Prepare the pancakes as directed, except decrease the all-purpose flour to ¾ cup. Add 1 cup triticale flour. Try stirring in some dried fruit.

Rice Bran Pancakes: Prepare as directed, except use 1½ cups all-purpose flour. Add ¼ cup rice bran.

Wheat Germ Pancakes: Make the pancakes as directed, except use 1½ cups all-purpose flour. Add ¼ cup toasted wheat germ.

Bulgur Pancakes: Prepare as directed, except in a saucepan cook ¼ cup bulgur in ½ cup water for 12 to 15 minutes or till tender. For ½ cup of the all-purpose flour, substitute the cooked bulgur.

Nutrition facts per plain pancake made with fresh apples: 130 cal., 5 g total fat (1 g sat. fat), 21 mg chol., 138 mg sodium, 18 g carbo., 1 g fiber, and 3 g pro. Daily Values: 3% vit. A, 1% vit. C, 11% calcium, and 5% iron.

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2 links Italian sweet sausage, removed from casings and crumbled (optional)
1/3 cup Bertolli Classico Olive Oil
1 tsp. minced garlic
2 cups cubed (about 1/4-inch) day-old Italian bread (crusts trimmed)
2 Tbsp. pignoli (pine nuts)
Salt and freshly ground black pepper
2 Tbsp. grated Parmigiano-Reggiano

To prepare artichokes: Cut stems off, remove small leaves from base. Lay artichoke on side; slice off tip of artichoke about 1-inch from top. Use scissors to trim off prickly tips of remaining leaves. Rub cut edges with lemon juice to prevent darkening.

Place artichokes in saucepan small enough to hold snugly. Add water to cover and 1/2 tsp. salt. Cover; cook until tender, about 20-25 min. or until a leaf can be pulled out easily. Drain; cool until lukewarm. To remove choke, spread center leaves; reach down in center and pull out purple tipped prickly leaves. Use small spoon to scoop out fuzzy part from heart.

To make stuffing: Brown sausage (if using); set aside. Heat Bertolli Classico olive oil and garlic in skillet until garlic begins to sizzle. Add crumbs, pignoli and cook; stirring, until bread is golden, about 5 min. Add sausage.

Coat small deep baking dish with olive oil; add artichokes. Spread leaves from center, creating an opening for stuffing. Lightly spoon stuffing into centers distributing ingredients evenly. Sprinkle tops evenly with cheese. Add 3 Tbsp. water to baking dish.

Cover with foil; bake at 350°F for 15 min. Uncover and bake until cheese browns, about 5 min. Serve warm or at room temperature. Serves 4.



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design

Rhythm in Blue

Composers strive for rhythm in their music, for notes to flow smoothly and form a beautiful melody. Interior designers also want rhythm in their designs so that elements in a room flow together naturally. To achieve this goal, they use repetition creatively.

Repeated design elements gently carry your eye from one object to the next. The result is that you begin to notice the familiar details, making your room visually pleasing and comfortable. As seen *at right*, the blue and white teacups-and-teapots motif in the fabric is echoed in the shelf accessories. Be creative when you use repetition to form rhythm: Lift an accent color from your sofa and splash it on a chair, repeat a patterned or heavily textured fabric, or accent existing horizontal or vertical lines. The key touch may be as simple as grouping two chairs rather than one, or using a pair of identical lamps.

Be aware, however, that too much of the same becomes monotonous. Just as important as creating rhythm is balancing likeness with variety. Instead of repeating the same accent color everywhere, toss in a second or third color. Break the expectation of using only pairs by throwing in a single object for variety. Here, the yellow tulips break the pattern of blue and white and inject the variety needed to make your eye linger and want to see more.



The splash of yellow in these tulips introduces the variety needed to help this monochromatic scheme fend off predictability.

Better Homes and Gardens

home and family information guide

You can get useful ideas and product information by mail. Use the coupon in this section to order your choice of literature listed below.

BUILDING & REMODELING

DERSEN® WINDOW AND PATIO DOOR FACT-OK—offers ideas for creating distinctive Feature ndows and Patio Doors from Andersen's wide variety standard shapes & sizes. Includes basic size charts, rgy facts, tips for drawing and planning a project, oosing a contractor and more. It's a great resource for lding or remodeling projects. ANDERSEN WINDOWS, . FREE. Circle No. 1.

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ARSON STORM DOORS—Larson Manufacturing ers a wide selection of quality crafted storm-screen ors to enhance the appearance of your home. Free chure. LARSON STORM DOORS. FREE. Circle No. 5.

Made To Order from Marvin"—illustrates how ade-to-order wood windows and doors can enhance a me. Full-color, 24-page brochure helps you determine ur needs for energy efficiency, maintenance and archi-ctural design, then choose the products and options to it those needs. Includes a section describing basic ndow and door styles. MARVIN WINDOWS. FREE. rcle No. 6.

OW CAN WE HELP YOU HELP YOUR KITCHEN"—anning tips and list of resources to get you off to the ght start when planning your new kitchen. 1-800-624-250, Ext. 5757. MERILLAT INDUSTRIES, INC. FREE. ircle No. 7.

ERILLAT'S KITCHEN DESIGN AND PLANNING IT—Design like a professional, includes everything u need for complete kitchen planning: Easy-to-follow ecorating ideas, layout tools, product and specifica-on brochures, checklists and more. MERILLAT NDUSTRIES, INC. $8.00. Circle No. 8.

SRAM SYLVANIA—Home lighting products provide an fective and inexpensive way to create a mood, highlight ecor, improve security, or make an environment warm and friendly. For a free guide to home lighting, call 1-800-LIGHTBULB. OSRAM SYLVANIA. FREE. Circle No. 9.

PELLA® WINDOWS AND DOORS—"Making Great Window Decisions," a 24-page, full-color guide for those who plan to build or remodel a home. Learn how to compare and evaluate a window's beauty, energy-efficiency, options, durability, service and installation. PELLA CORPORATION. FREE. Circle No. 10.

PERGO LAMINATE FLOOR—A free four color brochure features Pergo's more than 30 beautiful designs and colors in a variety of eye catching settings. PERGO. FREE. Circle No. 11.

YORK WALLCOVERINGS—Send for a free decorating brochure of wallcoverings, borders and fabrics. YORK WALLCOVERINGS. FREE. Circle No. 12.

FURNISHINGS

BROYHILL—"Visions", a new 24-page full-color decorating workbook from Broyhill makes decorating your home easy and enjoyable. Call 1-800-3BROYHILL (1-800-327-6944). BROYHILL FURNITURE. $1.00. Circle No. 13.

LANE RECLINING FURNITURE AND SLEEP SOFAS—You'll find "The Most Comfortable Seat In The House™" in this free 16-page full-color brochure. Call 1-888-FOR-LANE (1-888-367-5263). LANE FURNITURE. FREE. Circle No. 14.

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Buying Guide

continued from page 120

at Calico Corners; 800/777-9933. **Wallpaper,** "Classic Gingham" (Autumn Green), from the Raymond Waites Redefines Country Collection—Village; for a retailer near you call 800/552-9255. **Table lamp,** by Kenroy International—similar styles available from Albright Lighting and Interiors, Inc., 3029 Ingersoll Ave., Des Moines, IA 50312; 515/255-2906. **All other items shown**—antique or discontinued. (***Right*****): drapery rods and finials,** no. 2802-S (Pineapple)—Linen & Lace, No. 4 Lafayette, Washington, MO 63090; 800/332-5223. **Window treatment tassels,** 22034 (Color P73), from the Marquis Collection—Conso; for a dealer near you call 800/334-1207. **Chair slipcover and drapery fabric,** "Bokhara" (Sage); **drapery liner and welt fabric on slipcover,** "Bokhara" (Ecru)—available at Calico Corners; 800/777-9933. **Plant stand,** no. 45-1045B—Ethan Allen, Inc.; for a dealer near you call 800/228-9229. **All other items shown**—antique or discontinued.

Pages 170–171 (*left*): hand-forged iron campaign canopy bed, no. 8160—Charles P. Rogers Brass & Iron Bed Co.; 800/272-7726. **Bed linens and canopy curtains,** "Malmo"—Martex/Westpoint-Stevens; for a retailer near you call 800/533-8229. **Area rug,** "Salem Plaid" (Marlboro Black, 350)—Capel, Inc., 831 N. Main St., Troy, NC 27371. **Bedside table lamp,** no. 30651, by Kenroy International—available from Albright Lighting and Interiors, Inc. (address above). **All other items shown**—antique or discontinued. (***Right*****): sky wallpaper,** no. PB281—from the Coastal Cottage Collection by Paul Brent for Seabrook Designs, 1325 Farmville Rd., Memphis, TN 38122; 800/238-9152. **Bed linens,** "Oxford Stripe" (Blue); **bed linens,** "Oxford Stripe" (Sunflower)—Wamsutta; for a retailer near you call 888/926-7888. **Nanik Elite shutters,** (Linen, 115)—The Shuttery of Nanik, Springs Window Fashions Div., 7549 Graber Rd., Middleton, WI 53562; 800/422-4544. **Pharmacy floor lamp,** 1110 (Steel), by Adesso—available from Albright Lighting and Interiors, Inc. (address above. **All other items**—antique or discontinued

Pages 172–173 (*left*): 2-inch wood blinds, (Bone White, 201)—Smith & Noble Windoware; 800/248-8888. **Dining table**—Woodfields, 1985 94th St., Suite C, Clive, IA 50325; 515/225-3656. **Pine corner cupboard,** 722—Mastercraft-S.J. Bailey & Sons, Inc., P.O. Box 239, Clarks Summit, PA 18411. **Artwork:** (*top*), "Sedona"; (***bottom***), "Elandra," by Uzilevsky—Deck the Walls; 800/887-3325. (***Right*****): peach paint color,** "Apricot Lily," SW1617; **yellow paint color,** "Cornsilk," SW1653—Sherwin-Williams; for a store near you call 800/474-3794. **All other items shown**—antique or discontinued.

Page 174: Henry Link wicker sofa, "Martinique," no. 4320-33; **leaf fabric,** no. 1167; **green fabric,** no. 1170; **tan check fabric,** no. 1177; **Henry Link square dining/party table,** "St. Marc," no. 4121-94c—Lexington Furniture Ind., P.O. Box 1008, Lexington, NC 27293; for a dealer near you call 800/539-4636. **Natural Roman shades** (Macrame, 133)—Smith & Noble Windoware; 800/248-8888. **All other items shown**—antique or discontinued.

AT HOME IN THE VINEYARD

Pages 182–183: recessed ceiling lights—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007; 800/323-8705. **White upholstered chair**—Lee Ind., 402 W. 25th, Newton, NC 28658. **Rug, rattan hassock, and sofa**—Roger Barber Asian Antiques & Imports, 114 Pine St., San Anselmo, CA 94960.

Pages 184–185: recessed ceiling lights—Halo Lighting, Div. of Cooper Ind. (address above). **White upholstered chair**—Lee Ind. (address above).

Pages 186–187: faucet—Price-Pfister, Inc., 13500 Paxton St., Pacoima, CA 91333-4518. **Recessed ceiling lights**—Halo Lighting, Div. of Cooper Ind. (address above). **Green tile**—Dal-Tile Corp., 7834 Hawn Fwy., Dallas, TX 75217; 800/933-8453. **White tile**—Florida Tile Ind., Inc., 1 Sikes Blvd., Lakeland, FL 33801. **Microwave, dishwasher, and exhaust hood**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Cooktop**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202; 800/793-0093. **Napkins**—Cost Plus World Market, 2040 Redwood Hwy., Larkspur, CA 94940. **Floral pillow fabric**—Clarence House, 211 East 58th St., New York, NY 10022.

Page 188: rug in bedroom—Nature's Loom, 32 E. 31st St., New York, NY 10016; 800/365-2002. **Recessed ceiling lights**—Halo Lighting, Div. of Cooper Ind. (address above).

TOTALLY TORTILLAS

Pages 192–193: ivory salad plate, "Wreath"—Fioriware; for a store near you call 614/454-7400.

Page 195 (*top*): Italian ceramic soup bowl, no. LE21-M191B—George Dell, Inc., 151 West 25th St., New York, NY 10001; 212/206-8460.

Page 196 (*bottom*): ivory scalloped plate—Daniel Levy Studio, 155 West 29th St., New York, NY 10001; 212/268-0878. **Yellow scalloped glass plate,** "Ripple"—Annieglass, 800/347-6133.

Page 198: glass fruit embossed salad plate, "Concerto"—Ross-Simons; for a store near you call 800/556-7376.

Page 216: square ivory crackle plate, "Molin"—Savoir Vivre, 225 Fifth Ave., New York, NY 10010; 212/684-6065.

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Page 233 (*left*): square ivory crackle plate, "Molin"—Savoir Vivre, 225 Fifth Ave., New York, NY 10010; 212/684-6065. (***Right*****): yellow plate,** "Amber," by Aletha Soule—for The Loom Co., New York, N.Y.; for more information call 212/366-7214.

READER SHOPPING

Page 42: *Better Homes and Gardens*® Commemorative Afghan and Limited Edition Tapestry—Riddle and Cockrell, Inc., P.O. Box 2058, Burlington, NC 27216.

Page 122: *Better Homes and Gardens*® Diamond Jubilee™ Rose—Certified Roses, Box 4400, Tyler, TX 75712.

Page 138: Shade Gems Plant Package—Carroll Gardens, 444 E. Main St., Westminster, MD 21157.

Page 139: Allium Collection—Van Bourgondien Brothers, 245 Rt. 109, Babylon, NY 11702.

Page 202: Tortilla Warmer—Boston Warehouse, 59 Davis Ave., Norwood, MA 02062.

Page 206: Tortilla Baking Molds Set—Chicago Metallic, 800 Ela Rd., Lake Zurich, IL 60047.

Page 246: Healthy Pleasures Book—Addison-Wesley Publishing Co., One Jacob Way, Reading, MA 01867-3999; **Mommy, I Have To Go Potty Book**—Raefield Roberts Publishers and Parenting Press, Inc., P.O. Box 75267, Seattle, WA 98125.

Page 252: Kids' Computer Creations Book—Williamson Publishing Co., P.O. Box 185, Charlotte, VT 05445.

Page 255: Pinwheels Kit—PrintPaks, Inc., 513 NW. 13th Ave., Portland, OR 97209.

Architects & Designers

AT HOME IN THE VINEYARD

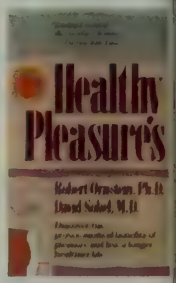
Pages 181–188: architect—Robert Gregory, 1485 Main St., St. Helena, CA 94574. **Interior designer**—Sally Tantau, TANTAU, 1220 Adams St., St. Helen, CA 94574.

reader shopping

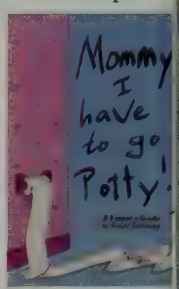
Informative Books

If you enjoyed the Health feature on *pages 72 to 76* and the Parenting feature on *page 50*, here are two books that will give you more information on these important subjects.

Healthy Pleasures is a 300-page softcover book presenting the latest evidence that pleasurable things (such as saunas, chocolates, or charity) and positive attitudes (happiness and optimism) are as good for you as they are enjoyable. From Addison-Wesley Publishing, the book costs $15.95, which includes shipping, handling, and applicable sales tax.



Mommy, I Have To Go Potty! is a 132-page softcover book by parent and educator Jan Faull. This clear, step-by-step method to toilet training will take your child from diapers to dry nights using a commonsense approach. Available by special arrangement with Raefield-Roberts Publishers and Parenting Press Inc., the book sells for $18.95, which includes shipping, handling and applicable sales tax.



TO ORDER: Make a list of the books you wish to purchase and calculate the total from the prices shown, *above*. Send your list along with a check or money order for the correct amount to: *Better Homes and Gardens* Reader Shopping Service, Dept. 9704, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call toll free 800/881-4066.



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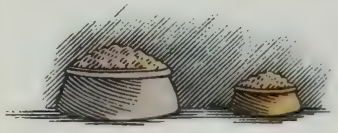
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continued on page 250

PHOTOGRAPHS ANDY LYONS

continued from page 249







Quilting quest

Mix your favorite colors and patterns to make a quilt design.

1. On paper: Using markers (not crayons), color four sheets of printer paper with repeating patterns.

2. On your computer: Draw a quilt pattern. Using a dashed line, draw four 4-inch squares on the screen. Using a thicker line, draw two diagonal lines from corner to corner in each square (*figure 1*). We used the line tool of Pagemaker 6.0 for Macintosh, with 1- and 3-point. lines.

3. On your printer: Put the patterned sheets into your printer, making sure the printing will be on the patterned side. Print four quilted squares, one on each patterned sheet. They will look like the papers that are shown in *figure 2*.

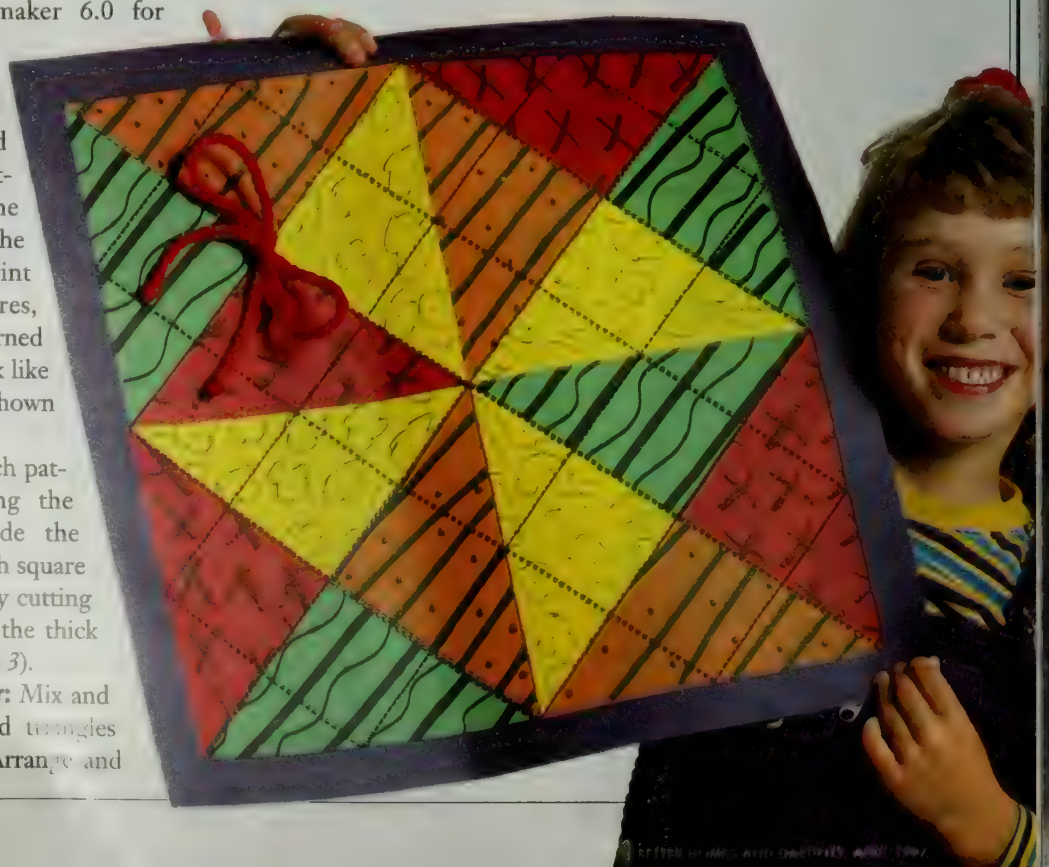
4. Cut it up: Cut each patterned square along the outside, just outside the dashed line. Cut each square into four triangles by cutting along the center of the thick diagonal lines (*figure 3*).

5. Put it all together: Mix and match the patterned triangles back into squares. Arrange and glue onto a large piece of construction paper, leaving a border around the outside.

6. Finishing touch: Punch two small holes in the center of the lower right square. Thread and tie a length of ribbon into a bow. This project and the one on *page 252* are from the book *Kids' Computer Creations.*



continued on page 252





When I lie in bed at night I can see all the planets, zillions of stars, even a comet.





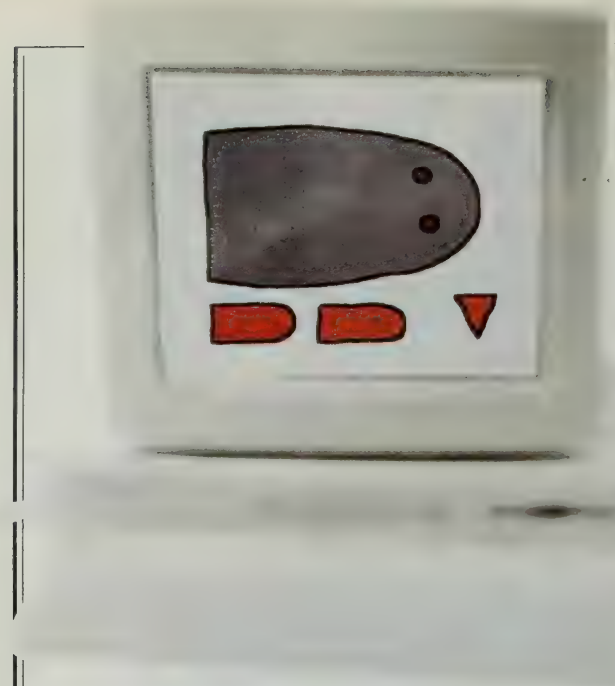
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BH&G kids

continued from page 250



Kids' Computer Creations is a 160-page softcover book that familiarizes children with computer capabilities and inspires them to put their creative energies to work. More than 50 arts and crafts activities encourage kids to discover the versatility of their computers and the breadth of their imaginations—all while "mousing around" with their artistic techniques. From Williamson Publishing, the book costs $17.95, which includes shipping, handling, and applicable sales tax. To order, call *BH&G* Reader Shopping toll free at 800/881-4066.

A better mousetrap

Keep your mouse in a cute mouse house you make yourself!

On your computer, draw an outline of a mouse, about twice the size of your computer mouse. Include eyes. Then draw ears and a nose. (We used Kid Pix by Broderbund. The outlines were done with the pencil tool.)

If you have a color printer, you can color the pieces on your computer and print on white paper. If you do not have a color printer, print one copy on pink paper and another copy on gray paper. In either case, you will need two of the gray bodies. Cut out the ears and nose from the pink and the bodies from the gray.

Place one mouse body on top of the other, so that the eyes show on one side only. Staple or glue around the outside, leaving the back end open.

Staple two chenille stems just below the eyes for whiskers. Glue nose over whiskers. Glue on ears. Put your mouse in its new home. You can operate your mouse while it's in its house.







continued on page 254

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BH&G kids

continued from page 252



Puzzled?

Use your favorite paint program to make jigsaw puzzles.

Create a picture on your screen. Then use your pencil tool to draw the puzzle piece outlines. Younger children should begin with only a few simple pieces. Older kids can make more pieces in complicated designs.

If you have a color printer, just hit "print." If not, print in black and white, and use crayons and markers to make a colorful design.

Then glue your artwork to a piece of heavy construction paper or lightweight poster board. Cut out each piece, and then invite your whole family to participate in a puzzle challenge.



Pinwheels

All you need is a program, a printer, and a little puff of wind.

The **Pinwheels Kit** from PrintPaks, Inc., contains CD-ROM with narrated instructions, designs, templates, tools, high-quality paper to print six personalized pinwheels (front and back), 6 handles, and 12 washers for maximum spinning. The kit sells for $24.95, which includes shipping, handling, and sales tax. To order, call *BH&G* Reader Shopping at 800/881-4066.



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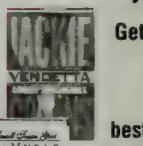
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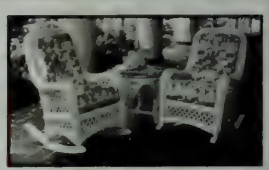
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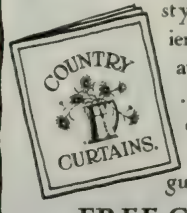
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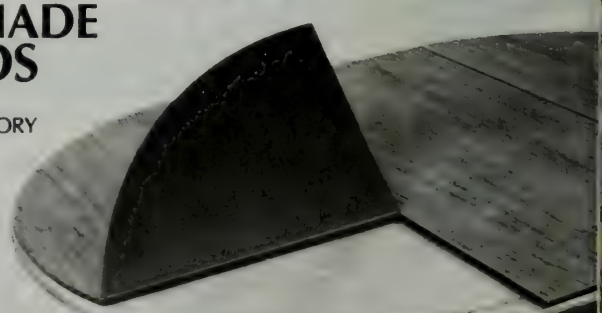
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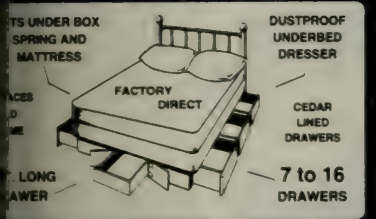
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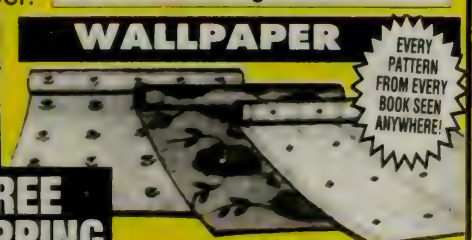
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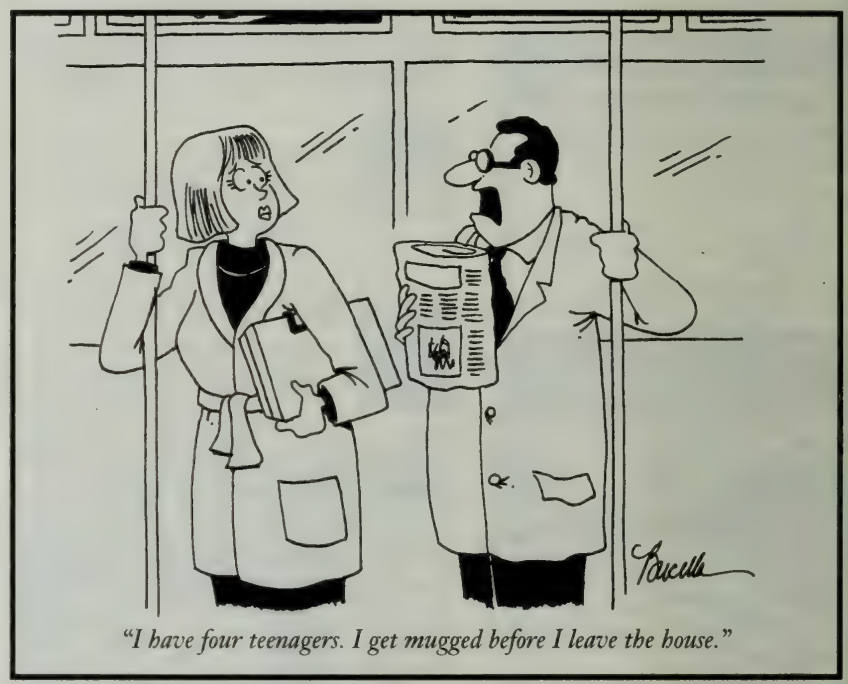
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Christine and I like to give the kids a chance to participate in planning and preparing the weekend meals, but Judy's recent creation of chocolate-chip pancakes may not be one we repeat any time soon.

"One of the best reasons for keeping your mouth shut in times of turmoil," says Editor Earl Reeves, "is that nobody can quote you."

My boss keeps urging staffers to "work smarter, not harder." But my colleague says that philosophy leaves him exhausted at the end of the day.



"A bath!
Why can't I just be vacuumed?"

Lee Bayless thinks the manager at his plant should review fire drill procedures because the mobile lunch wagon triggers a much more efficient exodus.

The proprietor of a downtown cafe Ed Begley frequents has a reputation for dishing up a daily special along with hefty helpings of unsolicited advice. The other day, however, Ed says his words of wisdom were "not to order the daily special!"

Dick Dresch has high hopes for the exercise equipment his wife gave him for his birthday. He's lost four pounds just putting it together.

Grandma Hillis admits plenty of people acted like fools when she was young—they just didn't go on television so everyone could watch them.

Elaine Cowan says that one of her problems in getting ahead in the business world is that it's like a jungle and she's the beach-resort type.

~Christine and I used to do our own taxes until the rules became so complicated we felt we just couldn't stay on top of it all.

So, we turned to Jack Duncan, an accountant, for help. Jack thrives on tricky tax codes and murky court rulings. Still, our finances aren't that complicated, and Jack usually puts things in order quickly.

During this year's visit, I said he must enjoy working with rich clients. But Jack's immersion in high finance hasn't caused him to lose sight of what really counts.

"I often deal with folks who have lots of money, but the truly rich ones know how to put it to good use and enjoy the results," he said. "I can count those folks on one hand and you two are among the richest."

I suppose he's right. As we left his office, Chris said it was the first time she ever saw me write a check to the IRS with a smile on my face.

Burton Hillis

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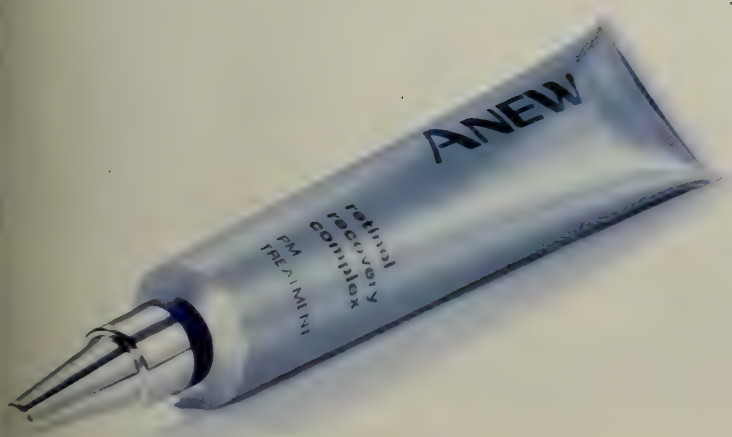
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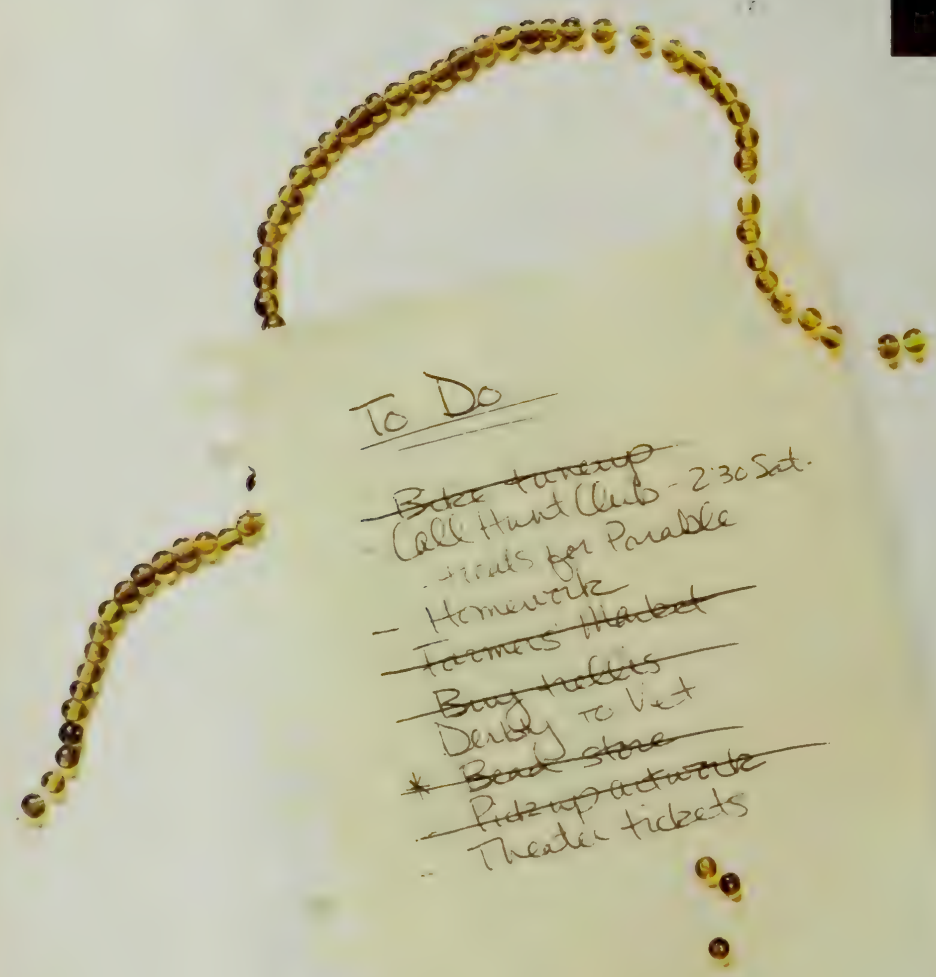
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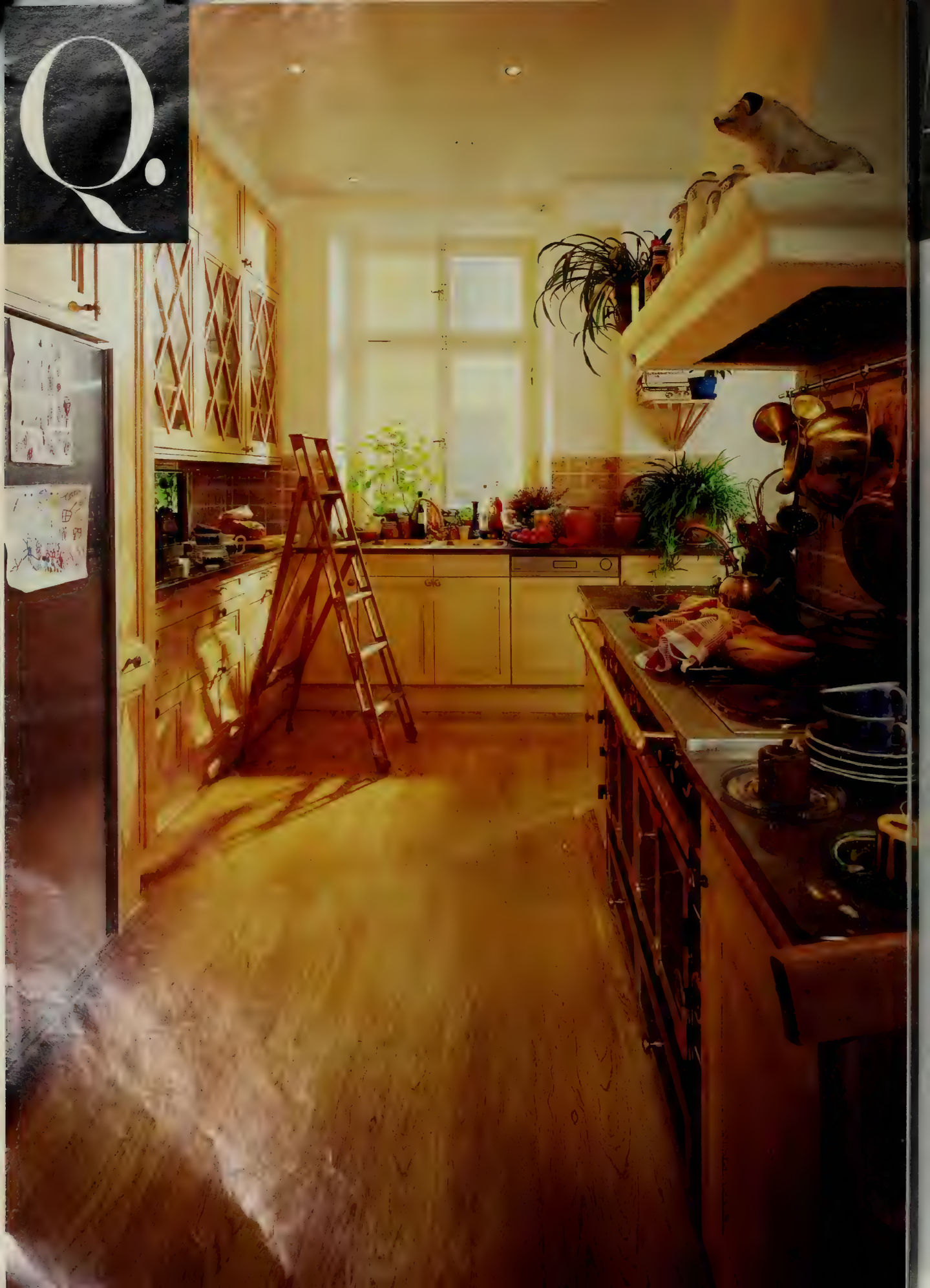
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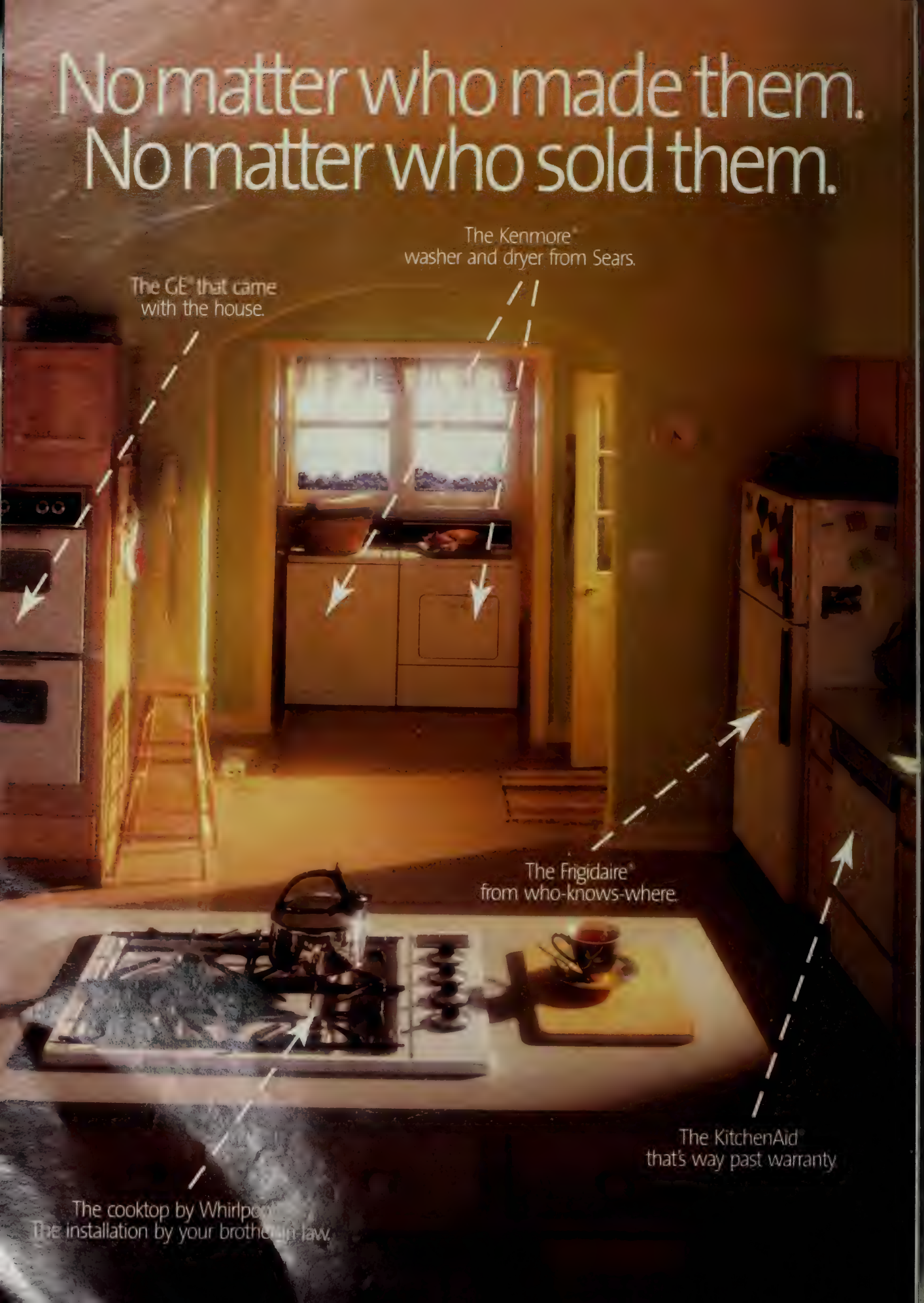


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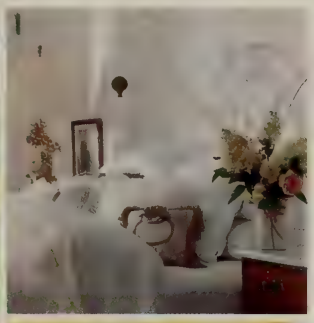
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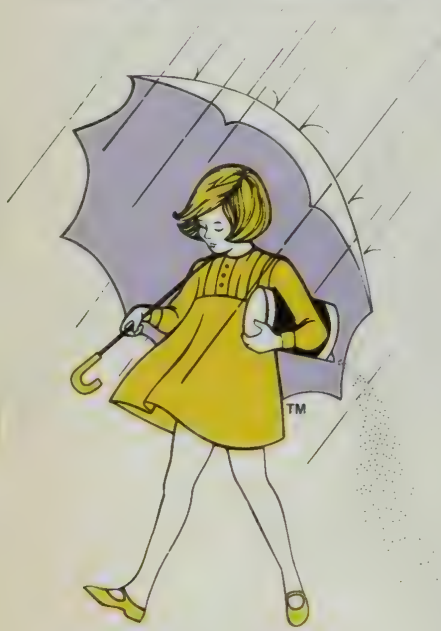
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between friends



ANDY LYONS

There was a time when every bride, bride-to-be, or "someday-my-prince-will-come" hopeful had a cedar chest. When I bought mine, they were referred to as "hope chests," and even though the hope of marriage was dim for a career-targeted female, a cedar chest—or in my case, a cedar cabinet—was the first piece of furniture I bought for my future home. At first it stored my wool sweaters. Then, when I did marry, it held a wardrobe of hand-embroidered bed linens too pretty to use. As you can see, my first furniture investment is still with me, now storing antique quilts and favorite memorabilia.

From the dowry chests of the Colonial era to the cedar chests of today, that special storage piece has always been the symbol of a home—a secure place filled with family, love, and warmth.

Unfortunately, not all families are able to experience the security of a home. Millions of Americans are homeless and need our help. That's why, in each May issue of *Better Homes and Gardens*®, we offer a selection of Mother's Day gifts (*page 62*), with part of each sale going to The Better Homes® Fund, formed to help homeless families. This miniature chest is part of our 1997 offering. And this one is *really* a "hope" chest—bringing hope to families who, for now, can only dream of a home and security.



Jean LemMon

Jean LemMon, *Editor in Chief*

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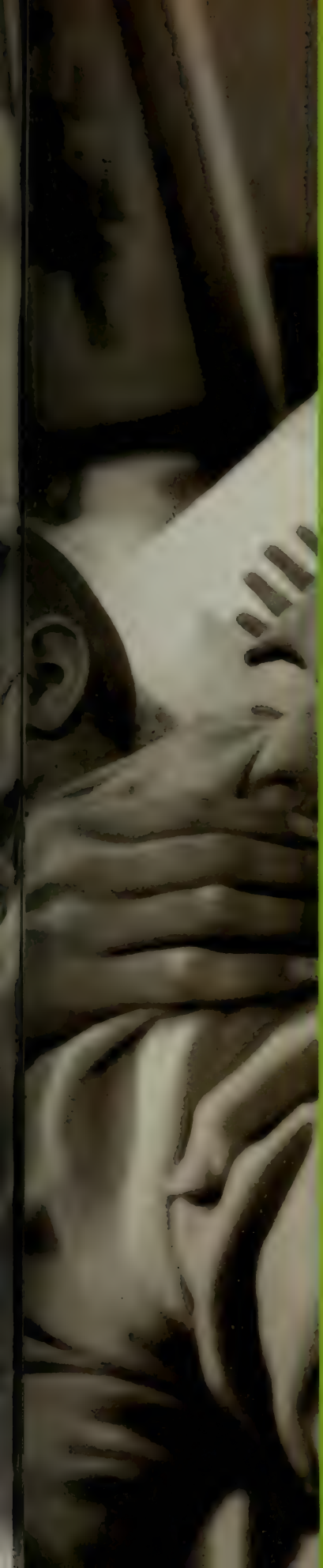
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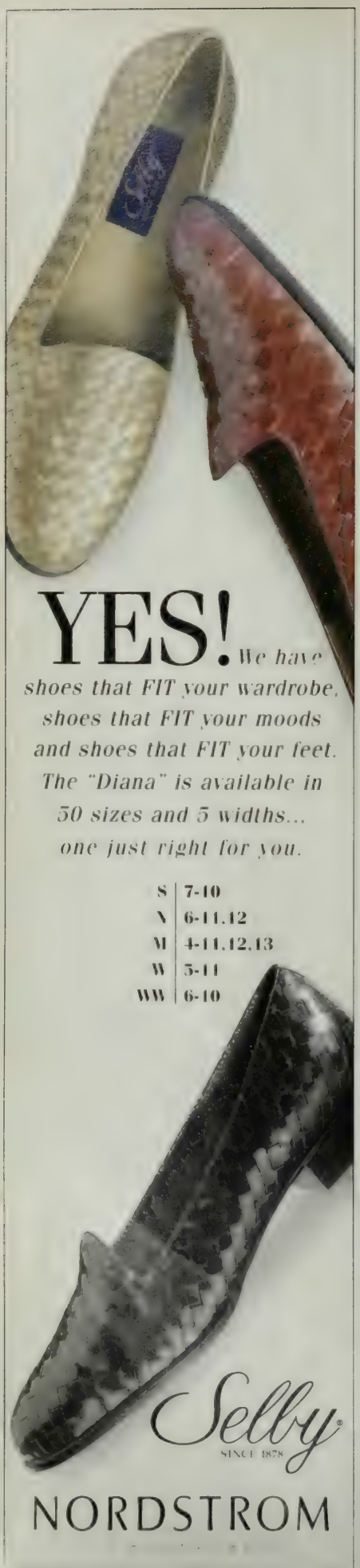


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Entice Teens to Join Family Outings

Our two early-teenaged boys are more interested in playing with their friends than going on family outings with us. So we invented "mystery trips." We tell them how to dress and what to bring, but don't tell them where we're going. We usually provide false clues to throw them off-track. Sometimes we include more expensive outings to places like Sea World or Disneyland. They try to guess where we're headed and are surprised and pleased when we reach our destination.

Joellen Collins
San Diego, Calif.

Gift Idea for Son's Fellow Graduates

When my son graduated from high school last spring, we received many announcements from his friends. We gave these college-bound seniors something special yet inexpensive: Stamped, self-addressed postcards that read, "Help, I need cookies!" and included a list of several types. They were to circle one and mail the card back to me. In the fall, I was pleased to fill the orders.

Rebecca Arkenberg
Grapevine, Texas

Prepare for Grandkids' Graduations

One day a few years ago, I began to wonder if I'd be alive for my grandchildren's high school graduations. (They're now 18, 16, 14, and 9, and I'm 74.) Right away I bought each of them a savings bond and graduation card and put them in my safe-deposit box. Then I knitted every child an afghan. If I'm alive, I'll present the gifts personally; if not, they'll know Grandma was thinking of them.

Doris Salem
Sioux Falls, S.D.

Grandma Makes Crafting Easy for Kids

When I see a craft in a magazine that's easy enough for my grandchildren, I gather the materials and make kits that include a picture of the project. In another bag, I place other items needed to complete the craft, such as glue, toothpicks, and brushes. The kids love it!

Sherry DeMars
Seaside, Ore.

Honor Mom's Memory On Mother's Day

Mom died unexpectedly two years ago. I compiled a booklet containing copied photographs of her—pictures I'd taken that the rest of the family didn't have. I gave each brother and sister a copy as a keepsake last Mother's Day.

Reeda Milledge
Calera, Ala.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens*®, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each idea published, if you provide your Social Security number.

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A Dab Will Do You

For these projects, cellulose and natural sea sponges pair up with painter's tape and water-based paint for some new twists on the age-old technique of sponge painting.



Handsome Harlequin

Jolly diamonds, painted and sponged, add a touch of humor to a wooden table. Use the fresh-air hues shown here, or pick a trio of your favorite colors.

This diamond pattern can be adapted to fit many table sizes. (Ours is 27×46¾ inches.) Using these instructions and the diagram on *page 28*, practice on graph paper to determine how big your table's painted area should be. Then transfer the design to your table, using a yardstick as a straightedge. If you're working with an unfinished table, apply a clear sealer before painting.

Start by drawing a rectangle to define the diamond section (*here*, 25×42 inches). Then mark points on all four sides and attach the dots "on the bias," as shown on *page 28*, to create a grid of diamonds. Draw a ½-inch solid border around the diamond section.

To paint the pattern, you'll need three colors. Start by masking off the outer border (the area outside the ½-inch solid border) and sponging it in all three shades. Then mask off and paint the ½-inch border in one solid color. The rows of diamonds alternate between solid and sponged. Mask off and paint the solid diamonds first, picking one color at random. Then do the sponged rows. Leave the partial diamonds around the edge of the design unpainted to tie in with the rest of the table. Finish with two or more coats of clear, water-based polyurethane. For general sponge-painting instructions, see *page 28*.

continued on page 22

Buying information, page 54



Mad About Plaid

A mix of solid and sponged hues form the stripes in this bright, jazzy plaid. Several coats of polyurethane keep the pattern from wearing away.

This painted-on "area rug" is easier than you might think, because the stripes that create the plaid design are based on one measurement that's multiplied by two or three. Tip: Our base measurement of 3½ inches will net a finished design with an overall measurement of 105×140 inches. By adjusting our base measurement, you can adapt this "rug" to fit your floor. To start, follow the diagram and instructions on *page 28* and draw the floor design onto graph paper, adjusting the dimensions as necessary. Clean the floor, then paint it a base color. (We chose white.) When the paint dries, transfer the design to the floor using a yardstick and pencil or chalk line. Mask off the outer border and paint it a color that contrasts the base color (blue). Allow the paint to dry, then sponge over the outer border with a less intense color (yellow). Referring to the diagram, continue to mask, paint, and sponge the inner areas of the design, working on lighter-colored (yellow) areas first, then moving to darker (blue) areas. Finish with several coats of polyurethane.

continued on page 24



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Painted Patchwork

A classic nine-patch design—borrowed from a quilter's repertoire—wraps the room at chair-rail height, creating an artful border that's easy on the eye.

Mark the border's lower edge 32 inches from the floor and the upper edge 8½ inches higher. Run masking tape along these lines so the tape is inside the border. Sponge-paint the upper wall blue and the lower wall blue and green. When dry, remove tape. Use new tape to mask off the wall along the same lines and paint the border background blue. Cut 6-inch and 3-inch square templates from cardboard or poster board. Draw a line dividing the small template in half. Cut cellulose sponges into 1-inch and 2-inch squares. When the border dries, begin penciling in guidelines for placing the templates. Mark a line that bisects the border horizontally all the way around. Then, starting at the room's least visible corner, mark off 8½- and 3-inch sections, wrapping the measurements around the corners until you reach the end. Turn the 6-inch template on point (like a diamond) so it fits in the first 8½-inch section and the points align with the border's horizontal center line. Trace the template. Place the 3-inch template in the next section, aligning center lines. Trace. Repeat, folding the templates as needed to wrap corners. For complete painting instructions, see *page 28.*

continued on page 26


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Diamonds in the Rough

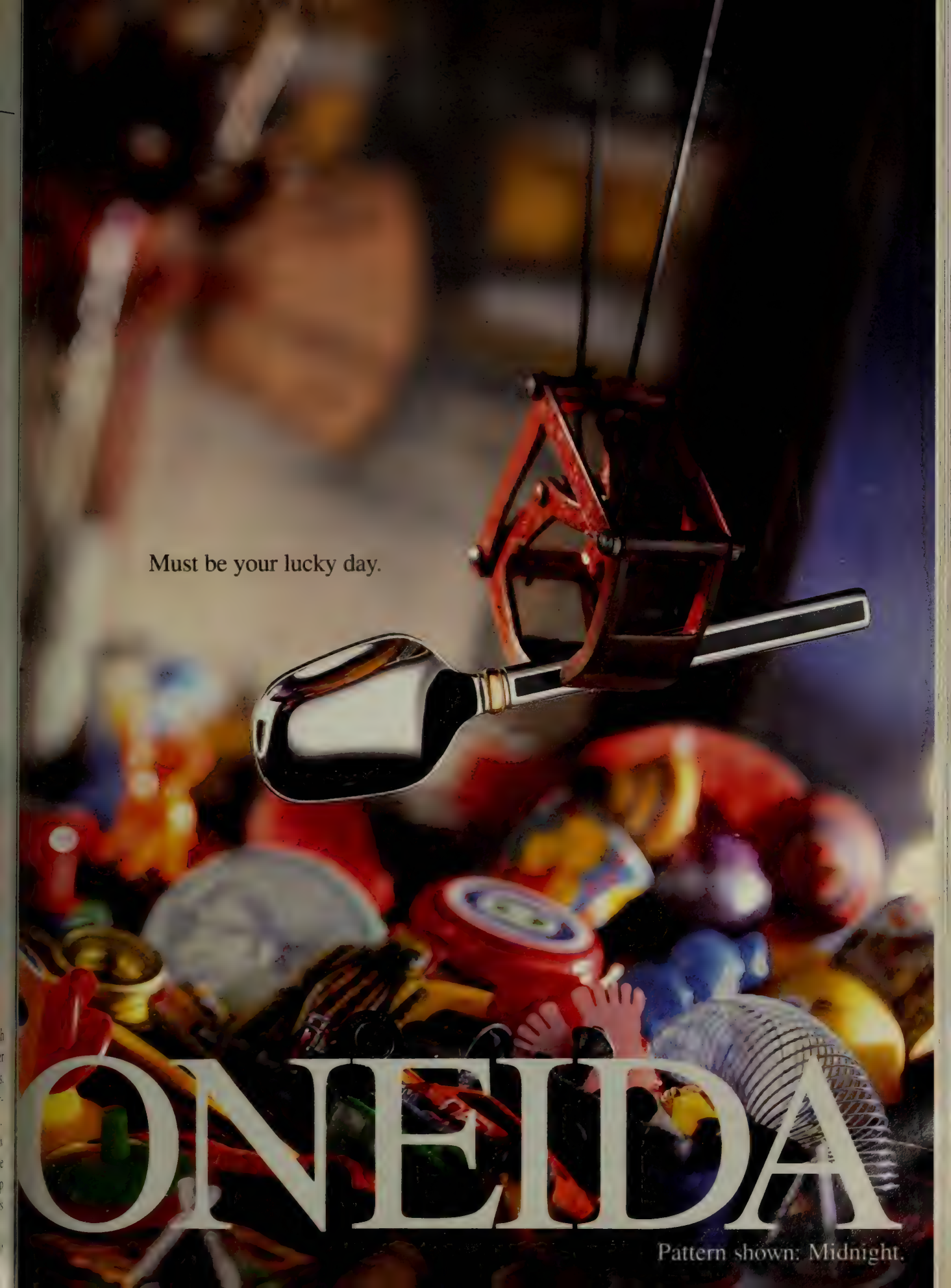
Squares become diamonds when turned on their points and sponged onto curtain fabric. The texture of a kitchen sponge yields this delightful handcrafted look.

The ease of this curtain project is in its unhemmed, sawtooth edge. First, make two panels with rod pockets, each measuring your window's width by its length (slightly longer than the sill). Hem outside edge but leave lower and inner edges unhemmed. To make the valance, cut a fabric panel measuring the window's width plus 9 inches (for returns), by 28 inches. Fold in half lengthwise, right sides together, and stitch ½-inch seams on short ends. Turn out and zigzag stitch to close unfinished long edge.

Cut a cellulose sponge to 3 inches square. Starting at the center of the valance, stamp diamonds along bottom (folded) edge. Starting in the lower inside corner of each curtain panel, stamp diamonds along center and lower edges. Let dry. Trim excess (unpainted) fabric from edges, leaving a zigzag pattern. Finish with a fine line of fray-checking liquid, available at fabric stores. Hang curtains.

Screw a 1×4-inch mounting board, cut to window width, flush to the top of the window frame so the wide part of the board extends over the curtain. Wrap the top 4 inches of the valance over the board, turning corners gift-wrap style. Staple to secure valance to the board.

continued on page 28


Must be your lucky day.
ONEIDA
Pattern shown: Midnight.

A Dab Will Do You

continued from page 26

General Sponge-Painting Instructions

The following tips will help you achieve better results when sponge-painting the projects shown on *pages 21-26*.

Picking paint: Use flat latex or acrylic paints for all of the projects. Protect areas receiving lots of wear and abrasion, such as the table and floor, with several coats of polyurethane. Paints made specifically for floors don't need a coat of polyurethane. Color choice with these porch paints is limited, but you can mix colors to create different hues. Check with your local paint store for more information about these products.

Crafters' acrylics and fabric paints typically work best on fabrics, especially when maintaining a soft texture and washability are prime concerns. However, since the curtains on *page 26* must be stiffer to keep their shape, latex paints are recommended.

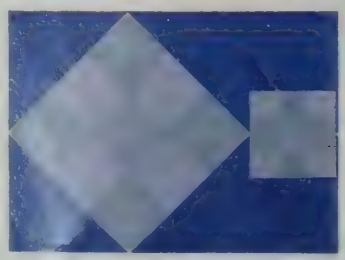
Selecting sponges: Natural sea sponges give the best texture for overall designs. To create specific shapes, such as the diamonds and squares on *pages 21 and 24*, cellulose kitchen sponges are best. Cut the sponges with a crafts or serrated knife. For more stability, cut cardboard into the same shape and glue the sponge to the cardboard.

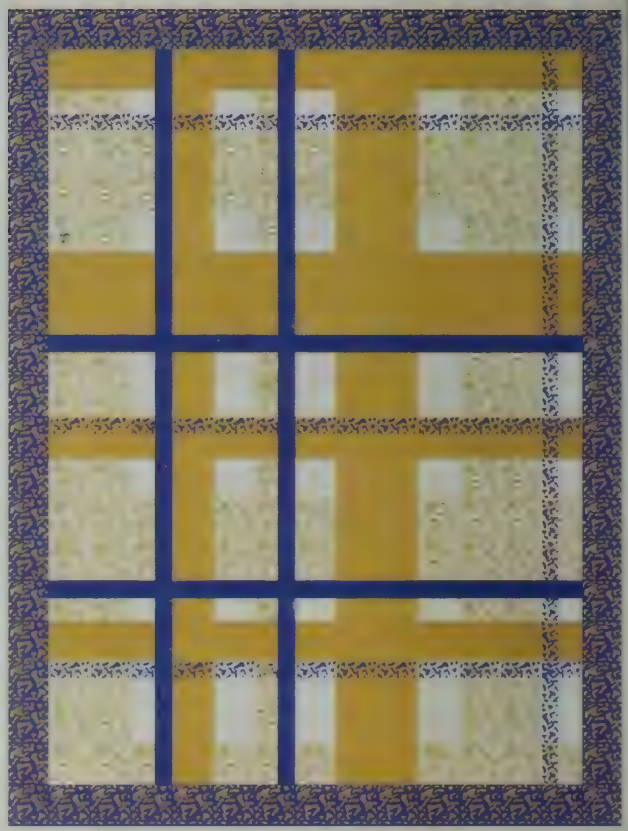
Marking and taping surfaces: Lightly mark design lines with a hard lead pencil. To tape off an area, press low-tack painter's tape along the design line. Run a credit card or piece of plastic along the edges to seal the tape to the surface. When painting, always brush away from the tape to prevent paint from seeping underneath. Let the paint dry before removing the tape.

Sponging surfaces: Pour a small amount of paint onto a paper plate or piece of cardboard. Lightly dip the sponge into the paint, then blot it onto a paper plate or newspapers to remove excess paint. Lightly press the sponge to the surface. You should get several applications each time you load the sponge.

Painted Patchwork (*page 24*)

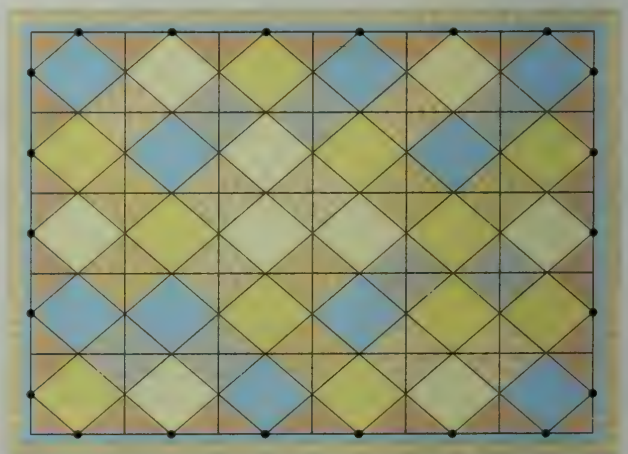
Follow the instructions on *page 24* for drawing the quilt design on your wall and painting the backgrounds. To paint and sponge the squares, first mask off the large diamonds and paint them periwinkle. Allow the paint to dry. Then remove the tape and mask off the small squares. Paint them green. Using the 2-inch-square sponge, stamp a green square into the four corners and the center of each large diamond. Using the 1-inch sponge, repeat the pattern on the small squares, this time using the periwinkle paint.





Mad About Plaid Floor (*page 22*)

Stripes are either 1, 2, or 3 times your base measurement. For this project, we used 3½ inches as a base. In the diagram *above*, the dark (blue) solid and sponge-painted stripes are the base width. The border is double the base. Light (yellow) solid and sponge-painted stripes are 2 or 3 times the base. White areas are the background color.



Harlequin Table (*page 21*)

For this diagonal pattern, divide short sides of the rectangle by five and long sides by six. Mark the midpoint of each section. Starting at one corner, connect midpoints with diagonal lines to create diamonds. This pattern, plus borders, covers a 27×46¾-inch table. Add or subtract a row of diamonds if your table is much smaller or larger.

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by Rebecca Jerdee and Sharon Overton

Amazing vase

Slim and Trim
Bud vases come in a range of sizes and shapes. The one trait they share is a narrow neck. Flowers with distinctively shaped heads on graceful stems, such as tulips and roses, are a good choice because they look good alone and echo the graceful lines of the vase.



Selecting a vase for your flower arrangements is sort of like picking out a swimsuit: Put the wrong suit on the wrong body type and the results could be less than ideal.

Floral containers can be grouped into "body types" as well: the classic vase with its urn-like shape; stick-straight cylinders; pear-shaped bud vases; short, stout bowls; and tall, wide jugs and pitchers. While there are no hard-and-fast rules about matching flowers and containers, a few simple guidelines can help make your arrangements look their best.

The bud vase, *above*, limits you to one or a few long stems, or spray flowers such as miniature carnations. For a pleasing balance, the tallest element should be two-thirds higher than the vase.

continued on page 34

Amazing vase

continued from page 33



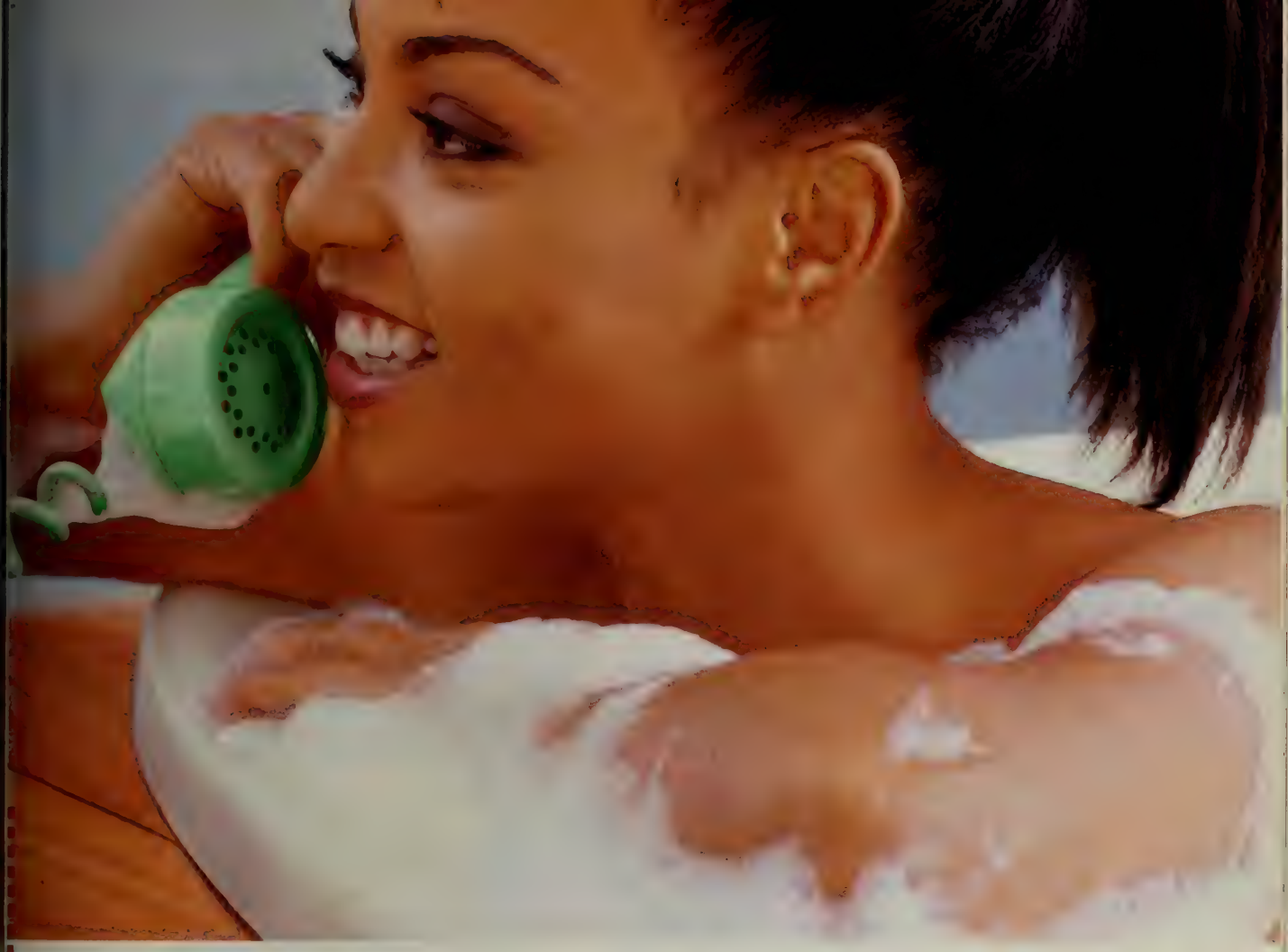
Large-mouthed containers, such as this crock, often need a holding device to keep flowers evenly spaced. A quick and easy solution is to create a lattice across the top from strips of floral tape.

Tall and Wide



You're likely to find these sturdy vessels being used in other ways around the house—as buckets, water pitchers, mugs, and crocks. Often as wide as they are tall, these containers make excellent flower vases since they can accommodate all kinds of stems. Strong-stemmed clustered flowers such as daisies and yarrow work especially well. For floppier flowers, you may need a device to hold the stems in place, such as floral foam, a needlepoint holder (frog), crushed chicken wire, or a lattice of floral tape.

continued on page 36



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Amazing vase

continued from page 34



To camouflage floral foam in a glass vase, line the container with moss or broad, flat foliage, such as these tulip leaves (*above*), before inserting the water-soaked foam.

Short and Stout



Shallow, bowl-shaped containers are a good choice for low tables where you want to see over the arrangement. Many types of vessels can work, from soup bowls to sherbet glasses and coffee cups. Short-stemmed blossoms, such as violets, impatiens, and begonias, are best-suited for these containers. To create a rounded arrangement, cut floral foam so that it fits inside the container and rises an inch or so above the top. Crisscross floral tape to hold the foam in place. Insert some flowers at an angle pointing down so that they overlap the edge.

continued on page 38

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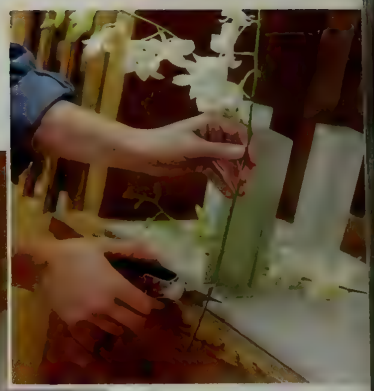
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Amazing vase

continued from page 36





Here's a foolproof tip for cutting flower stems to the correct length. Place the vase near the edge of a table and hold the stem next to it at the height you'd like it to be in the final arrangement. Then simply snip the stem near the bottom of the vase.

Straight and Narrow

These slim, stately vessels make for stunning flower arrangements. The challenge is to find plant material that balances the rigid vertical lines of the container. Graceful grasses, curly willow, and flowering branches are good choices, as are orchids and other exotic, vine-like flowers. Or, accentuate the vase's verticality by using straight stems, such as irises, calla lilies, or cattails. Clustering vases adds impact, whether they are of the same or staggered heights. Use a single type of flower, as shown *above*, or pick a different variety for each vase.

continued on page 40





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To make arranging easier and to keep vase water clean, strip the leaves from the portion of the stem that falls below the waterline. Also, change the water when it becomes cloudy.

Simply Classic



There's a good reason why an urn-like shape is the most popular for vases: It makes the most sense for flower arranging. The narrow neck holds the flowers in place while the wider bottom and slightly flared top allow the stems and blooms to spread out. Virtually any kind of flower works well in this type of vase, but it is particularly well-suited to lilies, spider mums, and other flowers with large, showy heads. When assembling a single-flower arrangement, let taller stems with tighter blossoms or buds define the upper and outer edges of the design. Place larger, showier heads near the bottom for balance.

Buying information, page 54

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Luscious Lilacs

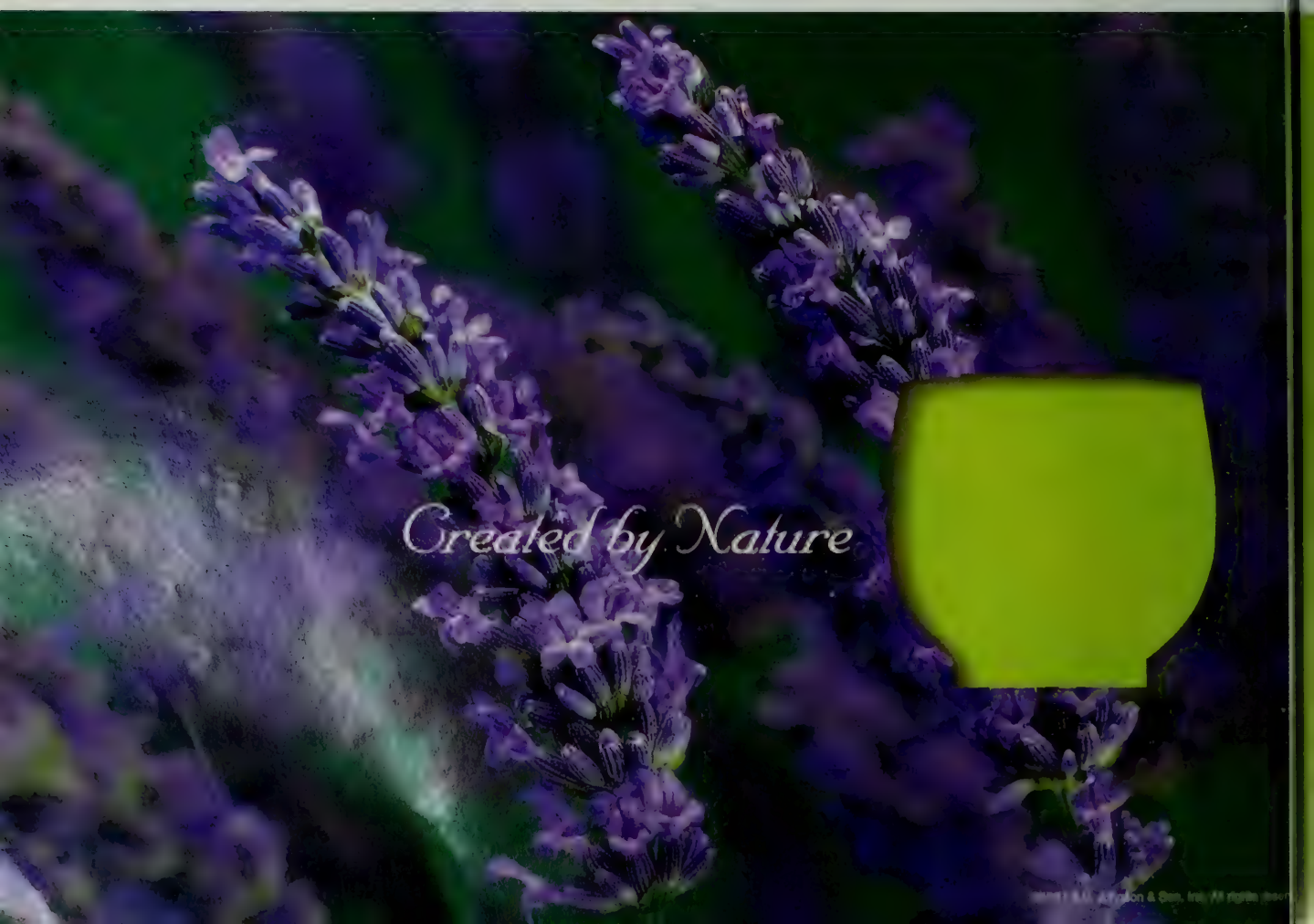
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Your Guide to Guidance

by Debra Solberg Gibson



What to expect from your school counselor

As today's schools juggle the many educational needs of American children, perhaps no one has more balls in the air than the school counselor. He's cheerleader and hall monitor. She composes letters of recommendation and consoles unsettled souls.

"School counselors perform jobs that are time-consuming, emotion-consuming, and skill-consuming," says Carolyn Sheldon, president of the American School Counselor Association (ASCA). "Their role has changed from working mainly in high schools to providing services for prekindergarten through twelfth grade."

Generally, resources to help pay for counselors have not grown at the same rate as their responsibilities. According to the U.S. Department of Education's National Center for Education Statistics, the ideal counselor/student ratio is 1 to 100, with a maximum of 1 to 300. But in reality, one school counselor is often responsible for working with more than 500 students, whose needs are as varied as they are immediate.

While there's not a lot of money in school budgets for counselors, there's no glut of available counselors either. Possibly because counselors generally are paid no more than teachers, fewer people are spending the time and money to earn the required master's degree, especially if it means increasing their workload.

Most counselors are former teachers. Those with no teaching experience are required to serve a lengthy counseling internship before receiving their graduate degrees. Though state requirements vary, usually counselors are certified to work either with grades kindergarten through eight or nine through twelve.

Today's counselors support students in their efforts to learn, assist them in their social and emotional growth, and guide them in their transition from high school to careers. They often work in classrooms, teaching skills in decision making, problem solving, anger management, and conflict resolution. They conduct small group sessions focusing on issues such as divorce, test anxiety, and poor self-image. And counselors conduct individual sessions as needed, helping students solve problems and, if they can't provide a solution, referring them to community programs for more intensive help.

With all that counselors do, their biggest challenge is finding time for each child. "School counseling is for everyone," says Leslie Dunn, counselor at LaGrange Elementary School in Kentucky, "not just the mentally unhealthy. The goal in elementary counseling, in particular, is preventive in nature—to identify roadblocks that prevent children from learning. Counseling is for everyday people with everyday problems."

Counselors agree that as American families change, so do their needs within the school system. "Children come to school more frequently from disruptive homes," Sheldon says. And, while more parents are turning to

continued on page 49

ILLUSTRATION: CHRISTIAN HOF; ART/STUDIO

WHERE IS FAIRFIELD?



Actually, it depends on your point of view. "Where is Fairfield?" was a year-long public art project which challenged residents to think about their community's identity as more than just a dot on a map.

From the beginning, teacher Christine Vita Golik and her Advanced Placement high school art class made significant contributions. One student worked with town elders to compile stories which were used on city bus posters. Some students painted a temporary mural, while others built a series of chairs representing the ethnic and cultural diversity of Fairfield.

Mrs. Vita Golik used "Where is Fairfield?" not only as an innovative way to teach art, but as a means to demonstrate the value of community, commitment, involvement and collaboration.

For her efforts to enlighten both her students and her town, State Farm is proud to present Christine Vita Golik with our Good Neighbor Award and to donate a total of $5,000 to CityArts, Fairfield, California and Fairfield High School.





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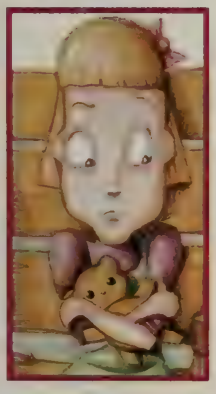
Guide to Guidance

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outside sources for help in their roles as mothers and fathers, they are seeking the same kinds of support for their children from school counselors. Asking for help no longer carries the social stigma it used to, and parents and students alike have access to much more information on nearly any issue they may be facing. If families have complaints about counselors, Sheldon says, it's typically that they want even more time to work together on issues than counselors have to give.

What to look for in a guidance program. Yes, counselors are busy. But as a parent, you have a right to expect a certain level of services for your child, whether he's emotionally healthy or struggling, on a vocational path or college bound.

According to Pat Johannes, counselor at Edwardsville High School in Illinois, "The most successful counseling programs are located in districts that provide services at all three levels—elementary, middle school, and high school. Those programs stress a developmental approach and show that the district is convinced that strong counseling programs do make a difference."



ASCA president Sheldon, herself a school counselor in Portland, Oregon, reminds parents that at all levels, information about guidance programs should be readily available, counselors should be clearly identified, and counselors should extend an open invitation to parents to call with any questions or concerns.

Specifically, parents should look for the following guidance services at each of the three levels.

Elementary

- "Counselors should be there to help a child, one-on-one or in small groups, to solve a problem, deal with an interpersonal or family issue, or work on a conflict between the student and a teacher or another staff member, or even a conflict with a friend," Sheldon says.
- Elementary counselors "should really love children," Dunn says. "They should be caring and compassionate. They're the ones in every school with the neon signs flashing from their foreheads that say, 'Does anyone need help?' "
- Your child's counselor should be available to assist teachers and parents in resolving conflicts. The school counselor's training can help both parties better understand how to work together.
- Counselors should be teaching children day-to-day life skills, Dunn says. "We need to help parents teach their children responsibility for their own actions," she says. "In schools, I can help children make things right when they've broken someone's ruler or said mean things about a classmate's haircut." But Dunn stresses that "good counselors want to work as partners with families to teach work-based values, like being on time, being responsible for your own work, and having good manners." Helping children learn home-to-school transition skills is another responsibility. "We can teach children the importance of keeping up with their studies, making a homework schedule, and working as a team," Dunn says. "These same traits predict success in life."
- Classes for parents should be offered by your elementary counselor. Dunn worked with others in her community to create a series of monthly meetings for parents, each on a different topic. To encourage parents to attend, she offers sandwiches, free child care, easily accessed locations, and a lively presentation that always ends by 8 p.m.

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• Your child's counselor should demonstrate a "fair, ethical model of how to behave in life," Dunn says. School counselors build relationships with all students. When children feel comfortable with the counselor, they will more readily accept help. This is why visiting all classes on a regular basis is a must.



Middle School

• Counselors for the middle grades should be aware of the significant changes occurring during these years. "These students leave elementary schools very compliant. Because of their developmental stage, they become challengers in middle school—no matter how good the student," says Judy Ladd, counselor at Marsteller Middle School in Prince William County, Virginia. "Good counselors understand that students will question who they are and will challenge the codes of behavior established for them. Luckily, they usually emerge from those years with a healthy integration of all the rules and the challenges."

• The counselor should observe all students in different settings—classroom, lunchroom, hallway, the school bus. "Though I don't have the time to pick up the phone and call parents about their students on a regular basis, my parents can expect me to be knowledgeable about their children and, if tapped, be a solid resource for them," Ladd says.

• The counselor should help you learn effective communication skills with your young teen. "Parents have a very challenging job in dealing with their children's need for both dependence and independence," Ladd says. "Many middle school parents don't realize that they still really are the most important people in their child's life. They still play a very critical role, and counselors can help them learn what is normal development and how they can continue to reach their child. We can help parents feel comfortable and students feel confident.

"Middle school is like a big puzzle. If I'm watching a student try to put all the pieces together, it would be easy for me to step in, because I know where all the pieces belong," Ladd says. "But it would be far more effective for me to help the parent and the child find the missing pieces together, so they could use that information to find the solution themselves."

High School

• The role of the high school counselor is much different from when you were a student. "So many parents believe they made it through high school without much guidance, so their children don't need it either," Ladd says. "Our roles are much more distinctive today, and we can be a great family resource.



"We're not looking to invade family privacy. We extend resources that help your children do their best academically. If your family experiences death or divorce, we're there. We serve different populations at different times in their lives. We are not the parents' high school counselors."

• At the high school level, counselors need to be experienced in career counseling. They should be up to date on financial aid and admissions policies and have strong organizational skills.

• The counselor should contact you whenever your child isn't meeting established goals in or out of the classroom. But don't blame the counselor for your child's mistakes. "We see so many parents who are blocked from helping their children because they believe everything their kids tell them and are unwilling to believe anyone else," Johannes says. "It helps so much if parents aren't defensive, don't look for others to blame, and expect their children to take responsibility for their actions."

• "The counselor should be well acquainted with mental health agencies and therapists in your community, should your child need assistance. Expect that the counselor can make effective recommendations based on his or her knowledge of these services," says Johannes.

When Guidance Is Lacking

What can you do if you aren't satisfied with your school counselor's work? According to Pat Dingsdale, chair of the Education Commission for the National Parent-Teacher Association (PTA), try taking the following steps:

• First, educate yourself about the counselor's specific roles and responsibilities. He or she most likely is working much differently than your own counselor did.

• Meet with the counselor and express your concerns. Often, a face-to-face conversation will clear up confusion and misunderstanding, and may strengthen your relationship with the counselor.

• If such a meeting still does not calm your concerns, then make an appointment with the counselor's supervisor, usually the school principal.

• Most important, don't wait until there is a problem to begin communicating with your child's counselor. As soon as your child enrolls at a school, drop the counselor a note or call him or her to introduce yourself and express interest in establishing a relationship that will be in your child's interest. By taking this initiative, Dingsdale says, you can avoid the feeling that the counselor doesn't know that you or your child exists.



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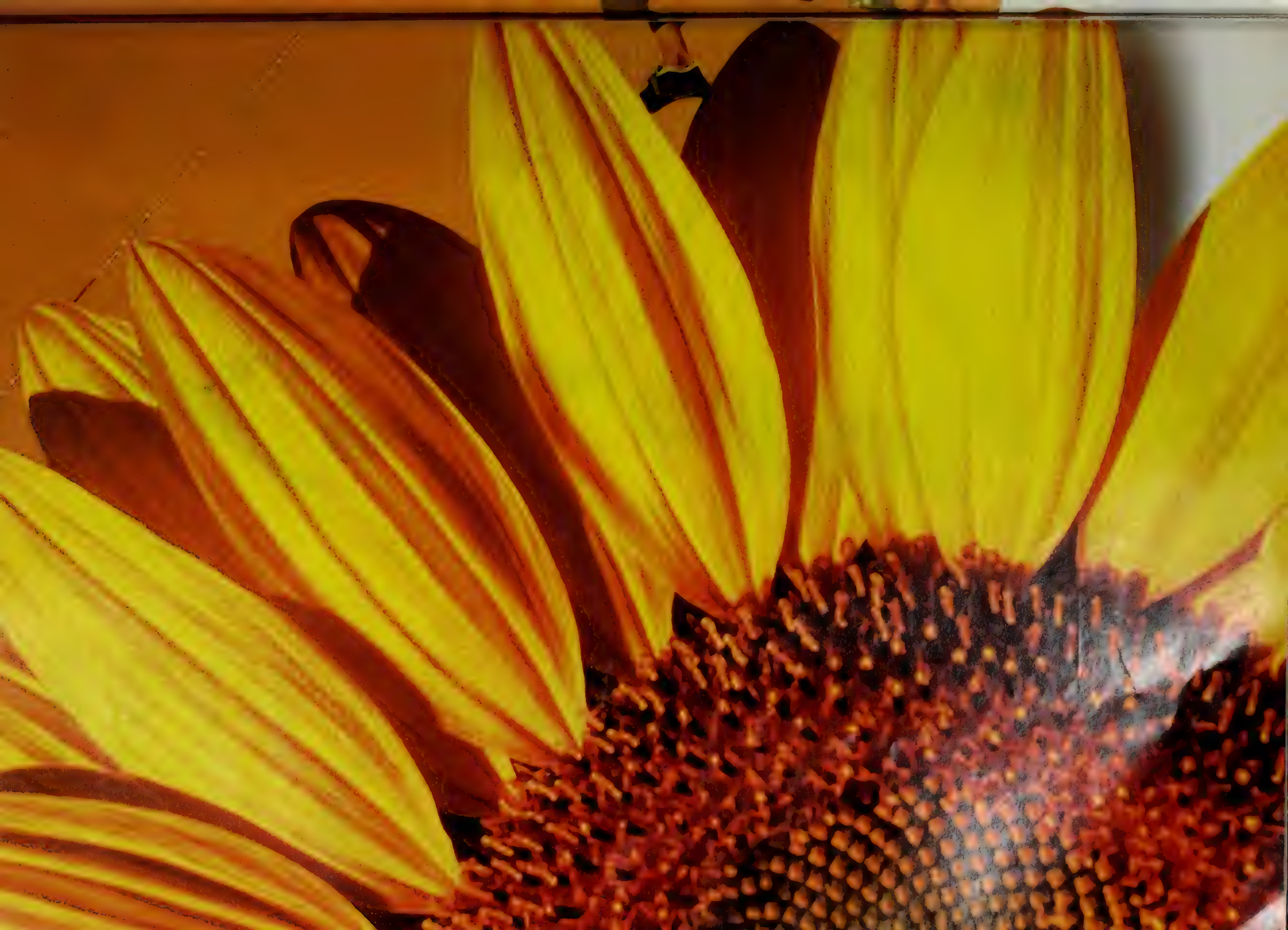
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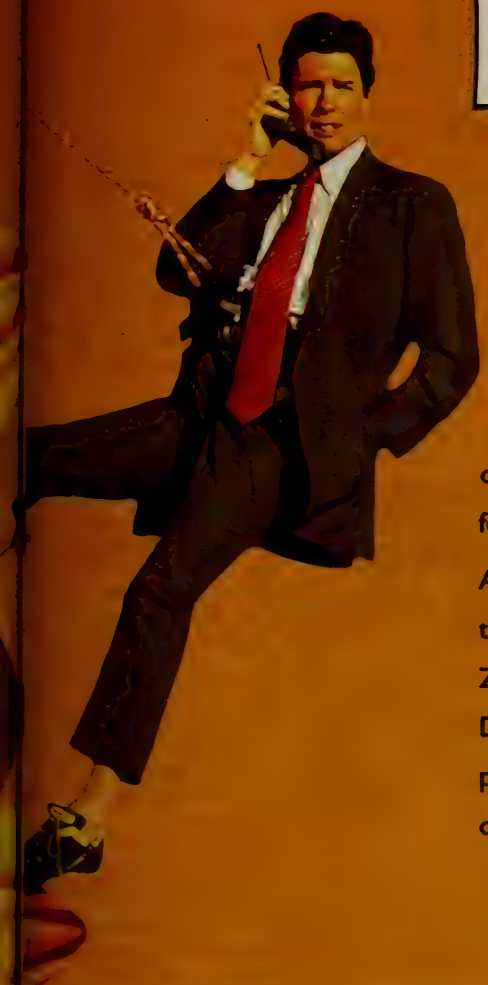
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(FOR FULL PRESCRIBING INFORMATION, CONSULT PACKAGE INSERT)
CONTRAINDICATIONS ZYRTEC is contraindicated in those patients with a known hypersensitivity to it or any of its ingredients or hydroxyzine. **PRECAUTIONS** Activities Requiring Mental Alertness: In clinical trials, the occurrence of somnolence has been reported in some patients taking ZYRTEC; due caution should therefore be exercised when driving a car or operating potentially dangerous machinery. Concurrent use of ZYRTEC with alcohol or other CNS depressants should be avoided because additional reductions in alertness and additional impairment of CNS performance may occur. **Drug-drug Interactions:** No clinically significant drug interactions have been found with theophylline at a low dose, azithromycin, pseudoephedrine, ketoconazole, or erythromycin. There was a small decrease in the clearance of cetirizine caused by a 400 mg dose of theophylline; it is possible that larger theophylline doses could have a greater effect. **Carcinogenesis, Mutagenesis and Impairment of Fertility:** No evidence of carcinogenicity was observed in a 2-year carcinogenicity study in rats at dietary doses up to 20 mg/kg/day (approximately 10 times the maximum recommended human daily oral dose on a mg/m^2 basis). An increased incidence of benign liver tumors was found in a 2-year carcinogenicity study in male mice at a dietary dose of 16 mg/kg/day (approximately 4 times the maximum recommended human daily oral dose on a mg/m^2 basis). The clinical significance of these findings during long-term use of ZYRTEC is not known. Cetirizine was not mutagenic in the Ames test, and not clastogenic in the human lymphocyte assay, the mouse lymphoma assay, and *in vivo* micronucleus test in rats. No impairment of fertility was found in a fertility and general reproductive performance study in mice at an oral dose of 64 mg/kg/day (approximately 26 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). **Pregnancy Category B:** Cetirizine was not teratogenic in mice, rats and rabbits at oral doses up to 96, 225, and 135 mg/kg/day (or approximately 40, 180, and 215 times the maximum recommended adult human daily oral dose on a mg/m^2 basis), respectively. There are no adequate and well-controlled studies in pregnant women. Because animal studies are not always predictive of human response, ZYRTEC should be used in pregnancy only if clearly needed. **Nursing Mothers:** Retarded pup weight gain was found in mice during lactation when dams were given cetirizine at 96 mg/kg/day (approximately 40 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). Studies in beagle dogs indicate that approximately 3% of the dose is excreted in milk. Cetirizine has been reported to be excreted in human breast milk. Because many drugs are excreted in human milk, use of ZYRTEC in nursing mothers is not recommended. **Geriatric Use:** In placebo-controlled trials, 186 patients aged 65 to 94 years received doses of 5 to 20 mg of ZYRTEC per day. Adverse events were similar in this group to patients under age 65. Subset analysis of efficacy in this group was not done. **Pediatric Use:** The safety of ZYRTEC, at daily doses of 5 or 10 mg, has been demonstrated in 376 pediatric patients 6-11 years of age in placebo-controlled trials lasting up to four weeks and in 254 patients in a non-placebo-controlled 12 week trial. The effectiveness of ZYRTEC for the treatment of seasonal and perennial allergic rhinitis and chronic idiopathic urticaria in this pediatric age group is based on an extrapolation of the demonstrated efficacy of ZYRTEC in adults in these conditions and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar between these two populations. The recommended doses for the pediatric population are based on a cross-study comparison of the pharmacokinetics and pharmacodynamics of cetirizine in adults and pediatric subjects and on the safety profile of cetirizine in both adults and pediatric patients at doses equal to or higher than the recommended doses. The cetirizine AUC and C_{max} in pediatric subjects 6-11 years of age who received a single dose of 10 mg of cetirizine syrup was estimated to be intermediate between that observed in adults who received a single dose of 10 mg of cetirizine tablets and those who received a single dose of 20 mg of cetirizine tablets. **ADVERSE REACTIONS** Controlled and uncontrolled clinical trials conducted in the United States and Canada included more than 6000 patients aged 12 years and older, with more than 3900 receiving ZYRTEC at doses of 5 to 20 mg per day. The duration of treatment ranged from 1 week to 6 months, with a mean exposure of 30 days. Most adverse reactions reported during therapy with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in patients receiving ZYRTEC 5 mg or 10 mg was not significantly different from placebo (2.9% vs. 2.4%, respectively). The most common adverse reaction in patients aged 12 years and older that occurred more frequently on ZYRTEC than placebo was somnolence. The incidence of somnolence associated with ZYRTEC was dose related, 6% in placebo, 11% at 5 mg and 14% at 10 mg. Discontinuations due to somnolence for ZYRTEC were uncommon (1.0% on ZYRTEC vs. 0.6% on placebo). Fatigue and dry mouth also appeared to be treatment-related adverse reactions. There were no differences by age, race, gender or by body weight with regard to the incidence of adverse reactions. Table 1 lists adverse experiences in patients aged 12 years and older which were reported for ZYRTEC 5 and 10 mg in controlled clinical trials in the United States and that were more common with ZYRTEC than placebo **Table 1. Adverse Experiences Reported in Patients aged 12 years and older in Placebo-Controlled United States ZYRTEC Trials (Maximum Dose of 10 mg) at Rates of 2% or Greater (Percent Incidence), ZYRTEC (N=2034) vs Placebo (N=1612) respectively:** Somnolence (13.7% vs 6.3%); Fatigue (5.9% vs 2.6%); Dry Mouth (5.0% vs 2.3%); Pharyngitis (2.0% vs 1.9%); Dizziness (2.0% vs 1.2%). In addition, headache and nausea occurred in more than 2% of the patients, but were more common in placebo patients. Pediatric studies were also conducted with ZYRTEC. More than 1300 pediatric patients (6 to 11 years) with more than 900 treated with ZYRTEC at doses of 1.25 to 10 mg per day were included in controlled and uncontrolled clinical trials conducted in the United States. The duration of treatment ranged from 2 to 12 weeks. The majority of reported adverse reactions reported in pediatric patients (6 to 11 years) with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in pediatric patients receiving up to ZYRTEC 10 mg was uncommon (0.4% on ZYRTEC vs 1.0% on placebo). Table 2 lists adverse experiences which were reported for ZYRTEC 5 and 10 mg in pediatric patients (6 to 11 years) in placebo-controlled clinical trials in the United States and were more common with ZYRTEC than placebo. Of these, abdominal pain was considered treatment-related and somnolence appeared to be dose related, 1.3% in placebo, 1.9% at 5 mg and 4.2% at 10 mg. **Table 2. Adverse Experiences Reported in Pediatric Patients (6 to 11 years) in Placebo-Controlled United States ZYRTEC Trials (5 or 10 mg dose) Which Occurred at a Frequency of ≥ 2% in Either the 5 mg or the 10 mg ZYRTEC Group, and More Frequently Than in the Placebo Group. ZYRTEC 5 mg (N=161), 10 mg (N=215) vs Placebo (N=309):** Headache (11.0% 5 mg; 14.0% 10 mg; 12.3% placebo); Pharyngitis (6.2% 5 mg; 2.8% 10 mg; 2.9% placebo); Abdominal pain (4.4% 5 mg; 5.6% 10 mg; 1.9% placebo); Coughing (4.4% 5 mg; 2.8% 10 mg; 3.9% placebo); Somnolence (1.9% 5 mg; 4.2% 10 mg; 1.3% placebo); Diarrhea (3.1% 5 mg; 1.9% 10 mg; 1.3% placebo); Epistaxis (3.7% 5 mg; 1.9% 10 mg; 2.9% placebo); Bronchospasm (3.1% 5 mg; 1.9% 10 mg; 1.9% placebo); Nausea (1.9% 5 mg; 2.8% 10 mg; 1.9% placebo); Vomiting (2.5% 5 mg; 2.3% 10 mg; 1.0% placebo). The following events were observed infrequently (less than 2%), in either 3982 adults and children 12 years and older or in 659 pediatric (6 to 11 years) patients who received ZYRTEC in U.S. trials, including an open adult study of six months duration; a causal relationship with ZYRTEC administration has not been established. **Autonomic Nervous System:** anorexia, urinary retention, flushing, increased salivation, dry mouth. **Cardiovascular:** palpitation, tachycardia, hypertension, cardiac failure. **Central and Peripheral Nervous Systems:** paresthesia, confusion, hyperkinesia, hypertonia, migraine, tremor, vertigo, leg cramps, ataxia, dysphonia, abnormal coordination, hyperesthesia, hypoesthesia, myelitis, paralysis, ptosis, twitching, visual field defect, syncope, dizziness. **Gastrointestinal:** increased appetite, dyspepsia, abdominal pain, diarrhea, flatulence, constipation, vomiting, ulcerative stomatitis, aggravated tooth caries, stomatitis, tongue discoloration, tongue edema, gastritis, rectal hemorrhage, hemorrhoids, melena, abnormal hepatic function, eructation. **Genitourinary:** polyuria, urinary tract infection, cystitis, dysuria, hematuria, micturition frequency, urinary incontinence. **Hearing and Vestibular:** earache, tinnitus, deafness, ototoxicity. **Metabolic/Nutritional:** thirst, dehydration, diabetes mellitus. **Musculoskeletal:** myalgia, arthralgia, arthrosis, arthritis, muscle weakness. **Psychiatric:** insomnia, sleep disorder, nervousness, depression, emotional lability, impaired concentration, anxiety, depersonalization, paroniria, abnormal thinking, agitation, amnesia, decreased libido, euphoria. **Respiratory System:** epistaxis, rhinitis, coughing, bronchospasm, dyspnea, upper respiratory tract infection, hyperventilation, sinusitis, increased sputum, bronchitis, pneumonia, respiratory disorder **Reproductive:** dysmenorrhea, female breast pain, intermenstrual bleeding, leukorrhea, menorrhagia, vaginitis. **Reticuloendothelial:** lymphadenopathy. **Skin:** pruritus, rash, dry skin, urticaria, acne, dermatitis, erythematous rash, increased sweating, alopecia, angioedema, furunculosis, bullous eruption, eczema, hyperkeratosis, hypertrichosis, photosensitivity reaction, photosensitivity, toxic reaction, maculopapular rash, seborrhea, purpura, skin disorder, skin nodule, [illegible] taste loss, parosmia. **Vision:** blindness, loss of accommodation, eye pain, conjunc[illegible]ocular hemorrhage. **Body as a Whole:** increased weight, back pain, malaise, fever, [illegible] periorbital edema, peripheral edema, rigors, leg edema, face edema, hot flashes, enlarged abdomen, [illegible] chest pain, dental injury. Occasional instances of transient, reversible hepatic transaminase [illegible] A single case of possible drug-induced hepatitis with significant transa[illegible] jaundice has been reported. In foreign marketing experience the following [illegible] events have been reported: hemolytic anemia, thrombocytopenia, [illegible] hepatitis, glomerulonephritis, stillbirth and cholestasis
DRUG ABUSE AND DEPENDENCE [illegible] that abuse or dependency occurs with ZYRTEC
OVERDOSAGE [illegible] adult patient who took 150 mg of ZYRTEC, the patient was somnolent [illegible] approximately 180 mg, restlessness and irritability were observed initially this was followed [illegible] treatment should be symptomatic or supportive, taking into account [illegible] no known specific antidote to ZYRTEC. ZYRTEC is not effectively removed by [illegible] unless a dialyzable agent has been concomitantly ingested. The acute minimal [illegible] 237 and 562 mg/kg, respectively (approximately 55 and 265 times the maximum recommended [illegible] on a mg/m^2 basis). In rodents the target of acute toxicity was the central nervous system [illegible] toxicity was the liver. **DOSAGE AND ADMINISTRATION Adults and Children 12 years and older** [illegible] recommended initial dose of ZYRTEC is 5 or 10 mg per day in adults and children 12 years and older. [illegible] Most patients in clinical trials started at 10 mg. ZYRTEC is given as a single daily dose, with or without food. The administration may be varied to suit individual patient needs. In patients with decreased renal function (creatinine clearance less than 7 mL/min), and in hepatically impaired patients, a dose of 5 mg once daily is recommended. **Children 6 to 11 years:** The recommended initial dose of ZYRTEC in children aged 6 to 11 years is 5 or 10 mg (1 or 2 teaspoons) once daily depending on symptom severity. The time of administration may be varied to suit individual patient needs. Cetirizine is licensed from UCB Pharma, Inc.

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Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: A DAB WILL DO YOU

Page 21: dining table—Woodfields Furniture, 1985 NW. 94th St., Suite C, Clive, IA 50325; 515/225-3656. **Napoleon dining chairs,** A-861-5254-A—J.C. Penney Catalog; 800/222-6161. **Green curtain fabric,** "Curlique" (Mint)—available at Calico Corners; 800/777-9933.

Page 22: dining chairs—Woodfields Furniture (address above). **Tablecloth fabric,** "Clambake" (Lemon), 631770—Waverly; 800/423-5881. **Sheer curtain fabric,** "Laval" (White)—available at Calico Corners; 800/777-9933. **Dishes and corner cupboard**—personal belongings.

Page 24: rattan chair, "Byron," 1555614—Pier 1 Imports; 800/447-4371.

Page 26: chair-and-a-half, 20-7901-4; **plant stand,** 45-1037-B; **pie safe,** 14-9405—Ethan Allen; for a dealer near you call 800/228-9229. **Two-inch wood blinds** (Sandblast White, 240); **twill tape** (Sand, 806)—Smith & Noble Windoware; 800/248-8888. **White curtain fabric,** "Sun River" (White), 631651—Waverly; 800/423-5881. **Plates and quilt**—antique or personal belonging.

AMAZING VASE

Pages 33-40: all other vases and accessories—antique, discontinued, or a personal belonging.

Page 38: tall ribbon vase with steel band insert, 13392; **square ribbon vase with steel band insert,** 13393—Museum of Modern Art Design Store; 800/447-6662.

DECORATING SHOP

Page 42: Lilac Serving Tray—Banar Designs, P.O. Box 483, Fallbrook, CA 92088.

GARDENER'S ALMANAC

Pages 114-118: Rutgers dogwoods—Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 503/846-7269; catalog $4. Arborvillage Farm Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. **Grapes**—Miller Nurseries, 5060 W. Lake Rd., Canandaigua, NY 14424; 716/396-2647; free catalog. Stark Bro's Nurseries, P.O. Box 10, Louisiana, MO 63353; 314/754-5511; free catalog. Southmeadow Fruit Gardens, 10603 Cleveland Ave., Baroda, MI 49101; 616/422-2411; free price list. Hartmann's Plantation, 310 60th St., P.O. Box E, Grand Junction, MI 49056; 615/253-4281; free catalog. Edible Landscaping Nursery, P.O. Box 77, Afton, VA 22920; 800/524-4156; free catalog. **Ferns**—Wayside Gardens, P.O. Box 1, Hodges, SC 29695; 800/845-1124; free catalog. Shady Oaks Nursery, 112 10th Ave. SE, Waseca, MN 56093; 800/504-8006; free catalog. **Ornamental grasses**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; 410/557-7229; catalog $3. Klehm Nursery, 4210 N. Duncan Rd., Champaign, IL 61820-9559; 800/553-3715; free catalog. Weiss Brothers Nursery, 11690 Colfax Highway, Grass Valley, CA 95945; 916/272-7657; free catalog.

DAYLILIES LIKE TO MINGLE

Pages 121-128: daylilies—Oakes Daylilies, 8204 Monday Rd., Corryton, TN 37721; 800/532-9545; catalog $2. Daylily Discounters, 1 Daylily Plaza, Alachua, FL 32615; 904/462-1539; catalog $2. American Daylily & Perennials, P.O. Box 210, Grain Valley, MO 64029; 800/770-2777; catalog $3. Woodside Nursery, 327 Beebe Run Rd., Bridgeton, NJ 08302; 609/451-2162; catalog $3. Brookwood Gardens, 600 E. Ninth St., Michigan City, IN 46360; 800/628-0110. Homestead Farms, Rt. 2, Box 31A, Owensville, MO 65066; 314/437-4277; free catalog. Rollingwood Garden, 21234 Rollingwood Trail, Eustis, FL 32726; 352/589-8765; catalog $3. Iron Gate Gardens, 2271 County Line Rd., Kings Mountain, NC 28086; 704/435-6174; catalog $3. American Hemerocallis Society, 1454 Rebel Dr., Jackson, MS 39211; dues $18, includes subscription to Daylily Journal. http://www.daylilies.org/daylilies/html.

BRIGHTENED BY LEAVES

Pages 131-140: perennials—Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog. Andre Viette Nursery, Rt. 1, Box 16, Fishersville, VA 22939; 540/943-2315; catalog $5. White Flower Farm, Rt. 63, Litchfield, CT 06759; 800/503-9624; free catalog. Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC; 919/967-0078; catalog $3.

THE COTTAGE CLEANS UP

Page 143: all items shown—antique or discontinued.

Pages 144-145 (*left*): Madrid slipcovered sofa; slipcover fabric, "Lady LeCream"; **Sevilla extended armchair; slipcover fabric** (discontinued)—Quatrine Washable

continued on page 60


AVAILABLE AT SELECT
SEARS
STORES
VANILLA
FIELDS
VANILLA FIELDS
ONLY NATURE COULD INSPIRE SO PERFECT A FRAGRANCE

Sharing Secrets

Lovingly created by the
Bradford Exchange
Hall-of-Fame Plate
Artist Sandra Kuck

Heavenly decorated with a gleam
22-karat gold



Shown smaller than actual
diameter of: 7½ inches
Plate stand not included.

"Sharing Secrets"

It's truly a friendship made in heaven. Two angels share bouquets of flowers and an earful of sweetly innocent, giggly secrets that only a best friend can appreciate.

Bradford Exchange Hall-of-Fame Plate Artist Sandra Kuck envisioned this beautiful scene between two celestial companions. Now her masterpiece is available to you in full color on a fine porcelain collector's plate. Rimmed in gleaming 22-karat gold with a graceful scalloped edge, this is a heavenly treasure that will bring everlasting joy to your home.

The edition of "Sharing Secrets" is strictly limited to a maximum of 95 firing days and as with all of Sandra Kuck's delightful work demand is expected to be strong.

Act now to obtain "Sharing Secrets," complete with Certificate of Authenticity, a the $29.95 issue price. To order your plate— backed by the Bradford Exchange 365-da money-back guarantee—send no money now Just complete and mail the reply card.

Item #57371-E81291

© 199- The Bradford Exchange

THE BRADFORD EXCHANGE

9345 Milwaukee Avenue Niles, Illinois 60714-1393

Heavenly Innocence

rst-ever heart-shaped
ulptural plate is decorated
th a golden inner rim



Hand-applied
golden ribbon

te measures
oximately 7" high



Crafted and
painted by hand

"Celebration of Love"

ernally playful, fun loving, and merry, herubs are delightful reminders of the nocent side of life ... and love. When two udgy-limbed, rosy-cheeked charmers such as these lend their uncanny joy to decorating a lush floral bower, you simply can't help but hear their message to delight in the child-like simplicity and purity of love.

Reminiscent of a costly hand-made Valentine from a century ago, "Celebration of Love" is a radiant example of a treasured Victorian confection. Hand-cast and -painted, this timeless work of art can be yours to cherish! A limited edition complete with Certificate of Authenticity and backed by a 365-day money-back guarantee, it is only $39.95.

"Celebration of Love," an important plate-market first, looks destined to become highly sought, so please order yours right away. Send no money now. You'll be billed in two monthly installments, the first payable before shipment. Mail the coupon today!

Item #19561-E81291

195612MG

THE BRADFORD EXCHANGE

9345 Milwaukee Avenue · Niles, Illinois 60714-1393

Sharing Secrets

Lovingly created by the Bradford Exchange Hall-of-Fame Plate Artist Sandra Kuck

Heavenly decorated with a gleami
22-karat gold r



Shown smaller than actual diameter of: 7½ inches
Plate stand not included.

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Heavenly Innocence

irst-ever heart-shaped
culptural plate is decorated
ith a golden inner rim



Hand-applied
golden ribbon

late measures
pproximately 7" high



Crafted and
painted by hand

"Celebration of Love"

Eternally playful, fun loving, and merry, cherubs are delightful reminders of the innocent side of life ... and love. When two pudgy-limbed, rosy-cheeked charmers such as these lend their uncanny joy to decorating a lush floral bower, you simply can't help but hear their message to delight in the child-like simplicity and purity of love.

Reminiscent of a costly hand-made Valentine from a century ago, "Celebration of Love" is a radiant example of a treasured Victorian confection. Hand-cast and -painted, this timeless work of art can be yours to cherish! A limited edition complete with Certificate of Authenticity and backed by a 365-day money-back guarantee, it is only $39.95.

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Item #19561-E81291

195612MG

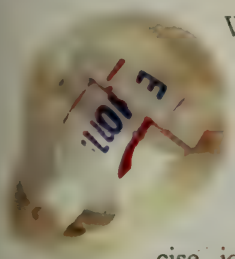
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ARTHRITIS PAIN
CAN TURN THIS INTO A
MORNING WORKOUT
ASK YOUR DOCTOR
ABOUT RELAFEN®

Only an arthritis sufferer can understand. The things you used to do without thinking twice about now can't be done without a lot of pain.

Relafen® (nabumetone) may help. Available by prescription only, Relafen® (rel'•ah•fen) is one of a number of medications that relieves the pain of osteoarthritis and rheumatoid arthritis.



While it isn't a cure, Relafen® can significantly reduce pain and inflammation when used along with a program of regular exercise, joint protection and rest recommended by your doctor.

You might also find help through *Positive Steps*, a comprehensive support program that can help you overcome the everyday challenges that arthritis brings.

Relafen® helps relieve the pain in your joints: hands, feet, hips and knees –wherever you need it. In clinical trials, it reduced pain and inflammation for thousands of arthritis sufferers around the world.

Relafen® is not recommended for women who are pregnant or nursing. People who have had an allergic reaction to any other arthritis or pain medication should not use Relafen.

Medications work differently for each individual; your doctor knows your medical history best. And while most people tolerate Relafen® well, some may experience side effects such as diarrhea, heartburn and abdominal pain. In rare cases there could be more serious side effects such as stomach ulcers and intestinal bleeding.



Free Video – Five Steps for Living with Arthritis

This new videotape and accompanying brochure are full of valuable information about how proper diet, stress management and easy everyday activities can help you better manage your arthritis pain. If you have arthritis, call for the free videotape and brochure, along with information on Relafen® *and* Positive Steps™*, a comprehensive arthritis support program.*

1-800-547-6965

Relafen,® however, has been found to have a low potential for such ulcers. If you have any stomach or intestinal problems, be sure to tell your doctor. Also, tell your doctor if you have or have had high blood pressure, heart, liver or kidney problems.

Relafen® could take the pain out of the things you used to take for granted. So ask your doctor if Relafen® is right for you.

RELAFEN®
NABUMETONE

Please see important additional information on the next page.

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RL9949

RELAFEN®
brand of nabumetone

Brief Summary: Consult full prescribing information before using.

CLINICAL PHARMACOLOGY: *Relafen* is a nonsteroidal anti-inflammatory drug (NSAID) that exhibits anti-inflammatory, analgesic and antipyretic properties in pharmacologic studies. As with other nonsteroidal anti-inflammatory agents, its mode of action is not known. However, the ability to inhibit prostaglandin synthesis may be involved in the anti-inflammatory effect.

The parent compound is a prodrug, which undergoes hepatic biotransformation to the active component, 6-methoxy-2-naphthylacetic acid (6MNA), a potent inhibitor of prostaglandin synthesis.

INDICATIONS AND USAGE: Acute and chronic treatment of signs and symptoms of osteoarthritis and rheumatoid arthritis.

CONTRAINDICATIONS: Patients (1) who have previously exhibited hypersensitivity to it; (2) in whom *Relafen*, aspirin or other NSAIDs induce asthma, urticaria or other allergic-type reactions

WARNINGS: Remain alert for ulceration and bleeding in patients treated chronically, even in the absence of previous G.I. tract symptoms

In controlled clinical trials involving 1,677 patients treated with *Relafen* (1,140 followed for one year and 927 for two years), the cumulative incidence of peptic ulcers was 0.3% (95% CI: 0%, 0.6%) at three to six months, 0.5% (95% CI: 0.1%, 0.9%) at one year and 0.8% (95% CI: 0.3%, 1.3%) at two years. Inform patients of the signs and symptoms of serious G.I. toxicity and what steps to take if they occur. In patients with active peptic ulcer, weigh the benefits of *Relafen* therapy against possible hazards, institute an appropriate ulcer treatment regimen and monitor the patients' progress carefully.

In considering the use of relatively large doses (within the recommended dosage range), anticipate benefit sufficient to offset the potential increased risk of G.I. toxicity

PRECAUTIONS: Because nabumetone undergoes extensive hepatic metabolism, no adjustment of *Relafen* dosage is generally necessary in patients with renal insufficiency. However, as with all NSAIDs, monitor patients with impaired renal function more closely than patients with normal renal function

Evaluate patients with symptoms and/or signs suggesting liver dysfunction, or in whom an abnormal liver test has occurred, for evidence of the development of a more severe hepatic reaction while on *Relafen* therapy. If abnormal liver tests persist or worsen, if clinical signs and symptoms consistent with liver disease develop, or if systemic manifestations occur (e.g., eosinophilia, rash, etc.), discontinue *Relafen*. Use *Relafen* cautiously in patients with severe hepatic impairment.

As with other NSAIDs, use *Relafen* cautiously in patients with a history of congestive heart failure, hypertension or other conditions predisposing to fluid retention.

Based on U.V. light photosensitivity testing, *Relafen* may be associated with more reactions to sun exposure than might be expected based on skin tanning types

Physicians may wish to discuss with their patients the potential risks (see WARNINGS, PRECAUTIONS and ADVERSE REACTIONS) and likely benefits of NSAID treatment, particularly when the drugs are used for less serious conditions where treatment without NSAIDs may represent an acceptable alternative to both the patient and the physician

Exercise caution when administering *Relafen* with warfarin since interactions have been seen with other NSAIDs.

In two-year studies conducted in mice and rats, nabumetone had no statistically significant tumorigenic effect. Nabumetone did not show mutagenic potential in the Ames test and mouse micronucleus test *in vivo*. However, nabumetone- and 6MNA-treated lymphocytes in culture showed chromosomal aberrations at 80 mcg/mL and higher concentrations (equal to the average human exposure to *Relafen* at the maximum recommended dose).

Nabumetone did not impair fertility of male or female rats treated orally at doses of 320 mg/kg/day before mating.

Pregnancy Category C: Nabumetone did not cause any teratogenic effect in rats given up to 400 mg/kg and in rabbits up to 300 mg/kg orally. However, increased post-implantation loss was observed in rats at 100 mg/kg orally and at higher doses (equal to the average human exposure to 6MNA at the maximum recommended human dose). There are no adequate, well-controlled studies in pregnant women. Use the drug during pregnancy only if clearly needed. Because of the known effect of prostaglandin-synthesis-inhibiting drugs on the human fetal cardiovascular system (closure of ductus arteriosus), use of *Relafen* during the third trimester of pregnancy is not recommended

The effects of *Relafen* on labor and delivery in women are not known. As with other drugs known to inhibit prostaglandin synthesis, an increased incidence of dystocia and delayed parturition occurred in rats treated throughout pregnancy.

It is not known whether nabumetone or its metabolites are excreted in human milk, however, 6MNA is excreted in the milk of lactating rats. Because of the possible adverse effects of prostaglandin-synthesis-inhibiting drugs on neonates, *Relafen* is not recommended for use in nursing mothers

Safety and efficacy in children have not been established

Of the 1,677 patients in U.S. clinical studies who were treated with *Relafen*, 411 patients (24%) were 65 years of age or older; 22 patients (1%) were 75 years of age or older. No overall differences in efficacy or safety were observed between these older patients and younger ones. Similar results were observed in a one-year, non-U.S. postmarketing surveillance study of 10,800 *Relafen* patients, of whom 4,577 patients (42%) were 65 years of age or older

ADVERSE REACTIONS: Incidence ≥1%—Probably Causally Related—Diarrhea (14%), dyspepsia (13%), abdominal pain (12%), constipation*, flatulence*, nausea*, positive stool guaiac*, dry mouth, gastritis, stomatitis, vomiting, dizziness*, headache*, fatigue, increased sweating, insomnia, nervousness, somnolence, pruritus*, rash*, tinnitus*, edema*

*Incidence of reported reaction between 3% and 9%. Reactions occurring in 1% to 3% of the patients are unmarked.

Incidence <1%—Probably Causally Related†—Anorexia, cholestatic jaundice, duodenal ulcer, dysphagia, gastric ulcer, gastroenteritis, gastrointestinal bleeding, increased appetite, liver function abnormalities, melena, asthenia, agitation, anxiety, confusion, depression, malaise, paresthesia, tremor, vertigo, bullous eruptions, photosensitivity, urticaria, pseudoporphyria cutanea tarda, *toxic epidermal necrolysis*, vasculitis, weight gain, dyspnea, *eosinophilic pneumonia, hypersensitivity pneumonitis*, albuminuria, azotemia, *hyperuricemia, interstitial nephritis, nephrotic syndrome, vaginal bleeding*, abnormal vision, *anaphylactoid reaction, anaphylaxis*, angioneurotic edema.

Incidence <1%—Causal Relationship Unknown†—Bilirubinuria, duodenitis, eructation, gallstones, gingivitis, glossitis, pancreatitis, rectal bleeding, nightmares, acne, alopecia, *erythema multiforme, Stevens-Johnson Syndrome*, angina, arrhythmia, hypertension, myocardial infarction, palpitations, syncope, thrombophlebitis, asthma, cough, dysuria, hematuria, impotence, renal stones, taste disorder, fever, chills, anemia, leukopenia, granulocytopenia, thrombocytopenia, hyperglycemia, hypokalemia, weight loss.

†Adverse reactions reported only in worldwide postmarketing experience or in the literature, not seen in clinical trials, are considered rarer and are italicized.

OVERDOSAGE: If acute overdose occurs, empty the stomach by vomiting or lavage and institute general supportive measures as necessary. Activated charcoal, up to 60 grams, may effectively reduce nabumetone absorption. Coadministration of nabumetone with charcoal to man has resulted in an 80% decrease in maximum plasma concentrations of the active metabolite

One overdose occurred in a 17-year-old female patient who had a history of abdominal pain and was hospitalized for increased abdominal pain following ingestion of 30 *Relafen* tablets (15 grams total). Stools were negative for occult blood and there was no fall in serum hemoglobin concentration. The patient had no other symptoms. She was given an H_2-receptor antagonist and discharged from the hospital without sequelae.

DOSAGE AND ADMINISTRATION: Recommended starting dose 1000 mg taken as a single dose with or without food. Some patients may obtain more symptomatic relief from 1500 mg to 2000 mg daily. Dosages over 2000 mg daily have not been studied. Use the lowest effective dose for chronic treatment.

HOW SUPPLIED: Tablets: Oval-shaped, film-coated 500 mg—white, imprinted with the product name RELAFEN and 500, in bottles of 100 and 500, and in Single Unit Packages of 100 (intended for institutional use only); 750 mg—beige, imprinted with the product name RELAFEN and 750, in bottles of 100 and 500, and in Single Unit Packages of 100 (intended for institutional use only)

Store at controlled room temperature (59° to 86°F) in well-closed container; dispense in light-resistant container.

500 mg 100's: NDC 0029-4851-20
500 mg 500's: NDC 0029-4851-25
500 mg SUP 100's: NDC 0029-4851-21

750 mg 100's: NDC 0029-4852-20
750 mg 500's: NDC 0029-4852-25
750 mg SUP 100's: NDC 0029-4852-21

BRS-RL:L7

SmithKline Beecham Pharmaceuticals
Philadelphia, PA 19101
©SmithKline Beecham, 1994

Buying Guide

continued from page 54

Furniture, 168 S. Woodward Ave., Birmingham, MI 48009; 810/644-4705. **Wooden stool, footstool, rag rug, painting over fireplace, paper screen, green stem lamp**—antique or discontinued. **(*Right*): stemware,** "Seville" (Amber)—Northern Possessions Gallery, 129 Bay St., Harbor Springs, MI 49740; 616/526-7330. **Blue and yellow plates and dinnerware accessories,** "Costa Azzurra" by Lynn Chase—Little Foxes, 2211 Woodward, Detroit, MI 48201; 313/983-6202. **Dining table, china, tablecloth, crocheted pillows, lamp, and other accessories**—antique or discontinued.
Pages 146-152: all items shown—antique, discontinued, or a personal belonging.

DECORATING THEN & NOW

Page 155: Henry Link Captiva love seat, 4022-22 (finish 70); **love seat fabric,** 2760; **Henry Link Veranda rocker,** 4336-15 (finish 58); **rocker fabric,** 2760—Lexington Furniture Ind.; for a dealer near you call 800/539-4636. **Plant stand,** 45-1045-B—Ethan Allen; for a store near you call 800/228-9229.
Pages 156-157 (*left*): sofa and brushed cotton slipcover, from the Hastings Collection—Rowe Furniture; for a dealer near you call 800/334-7693. **(*Right*): Riveria Iron Works dining group**—Thomasville; for a dealer near you call 800/225-0265. **Curtain fabric,** "Hastings" (Peach), 661742; **chair pad fabric,** "Pen Pal" (Tiger Lily), 661592—Waverly; 800/423-5881. **Area rug,** "Chinese Kelims" (Terra Cotta/Navy, 740)—Capel Inc., 831 N. Main St., Troy, NC 27371; for a dealer near you call 800/334-3711. **Sconce,** 43-8046—Ethan Allen; for a store near you call 800/228-9229. **Puccinelli ice-tea glasses,** PGL-7040; **Puccinelli wine glasses,** PGL-7020—Vietri; for a store near you call 800/277-5933. **Accessories and corner cupboard**—antique or discontinued.
Page 158: radius oval back side chair, 20-7019-5 (Blonde finish, 222); **radius oval back armchair,** 20-7020-5A (Blonde finish, 222); **purple upholstery,** "African Violet," C1066—Ethan Allen; for a store near you call 800/228-9229. **Brushed twill pillows**—similar styles available from Dakotah; 800/325-6824. **Plaid dining chair,** 1850 (Pine finish, 302); **chair fabric,** 7683-86—Pearson Co., 1420 Progress St., High Point, NC 27260.
Page 160: entertainment center, 8460 (Honey and Green); **end table,** 8464 (Honey and Green)—Sauder Woodworking; for a retailer near you call 800/523-3987. **Green recliners,** "Woodmont"; **leather upholstery,** "Amarillo" (Green)—La-Z-Boy; for a dealer near you call 800/625-3246. **Area rug,** "Tribal Kashmir-Tortoise" (Gold, 100)—Capel, Inc. (address above). Curtain fabric, "Gallery Plaid" (Cardinal), 600695; **paisley pillow fabric,** "Hillsdale" (Red), 659763—Waverly; 800/423-5881. **Striped wallpaper,** "Faux Bois" (Green), from the Fauxlio Collection—available through designers and fine decorating centers from Stroheim & Romann; for more information call 718/706-7000.
Page 162: hutch and base (White); **Windsor dining chairs** (White), from The Nook Collection—Broyhill Furniture Ind., for a dealer near you call 800/327-6944. **Area rug,** "Stockbridge" (Deep Blue, 450)—Capel, Inc. (address above). **Dinnerware, bowls, and pitcher in hutch,** "Mochaware"; **water and wine goblets,** "Baluster Stemware"—The Colonial Williamsburg Foundation; for more information call 800/446-9240. **Valance fabric,** "Snowflake" (Cornflower), 632520—Waverly; 800/423-5881. **Table**—antique.
Page 164: leather sofa, LR 2843; **leather fabric,** D107LR27; **South Seas water hyacinth chair,** C1-1508; chair fabric, 7276C22—Century Furniture Ind., for a dealer near you call 800/852-5552. **Animal print pillow fabric,** "Zambezi" (Taupe)—available through designers from Robert Allen Fabrics, Inc. **Curtain fabric,** "High Tide" (Pearl), 632380—Waverly; 800/423-5881. **Lap throw,** 03-2338-A—Ethan Allen; for a store near you call 800/228-9229.

GOOD MORNING KITCHENS

Page 167: fabric on lounge chairs—Kravat Fabrics, Inc.; available only through designers and architects; for a designer or architect in your area call 800/645-9870. **Lighting**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094-0508. **Granite countertops** (Verde Margozza)—D.J. A. Marble & Tile Co., 160 Theodor Fremd Ave., Rye, NY 10580-2850.
Pages 168-169: cooktop—Dacor, 950 S. Raymond Ave., Pasadena, CA 91609-7202; 800/793-0093. **Range hood**—Best USA, Inc., 48 Sellers St., Kearny, NJ 07032. **Cabinetry**—Brooks Woodworking, 15 Kensico Dr., Mt. Kisco, NY 10549-1003. **Sink**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Faucet**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 708/582-7711.
Pages 170-172: cabinetry—Visual Grain, 2325 Endicott, St. Paul, MN 55114. **Range**—FiveStar, Div. of Brown Stove Works, Inc., P.O. Box 2490, Cleveland, TX 37320. **Exhaust hood**—Vent-A-Hood Co., P.O. Box 830426, Richardson, TX 75083-0426. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56753-0100; 800/346-5128. **Fabricator for countertop, backsplash** (Silver Sea Green)—Twin City Tile & Marble, 2218 University Ave., SE, Minneapolis, MN 55414; 612/379-2825. **Under cabinet lights**—Hettich, 1607 Anaconda Rd., Harrisonville, MO 64701; 800/777-1772.

SALAD DAYS

Page 175: scrub pine coffee table—Crost Furniture & Imports, 1799 Willow Rd., Northfield, IL 60093; 847/501-2550.

continued on page 70

PRESENTING THE 8 POUND ORECK XL. PROVEN ON THE WORLD'S MOST GRUELING TESTING GROUNDS: HOTELS, AIRPORTS AND OFFICES.



AIR FILTRATION
For those who suffer from dust-related or allergic discomforts, the Oreck XL CELOC Hypo-Allergenic filtration system removes up to 99.7% of irritants from the air. There's virtually no after dust.

For over 20 years the Oreck XL has been the darling of cleaning professionals at literally thousands of hotels, from the Sheraton Plaza, Chicago to the Omni Royal Orleans.

The reason? It's the most thoroughly thought out, brilliantly engineered lightweight vacuum ever made.

Pile-lifting roller brushes whirling at 6,500 RPM professionally groom your carpet as they clean.

On bare floors the Oreck-developed Microsweep™ delivers 70 million brush strokes per minute. The Oreck XL upright automatically adjusts from the thickest carpet to bare floors.

And, unlike old fashioned uprights which lose cleaning power while vacuuming, the Oreck XL has a special top-fill design which provides cleaning power all the time.

A POWERFUL INDUCEMENT TO CLEAN YOUR HOME LIKE AMERICA'S BEST HOTELS.

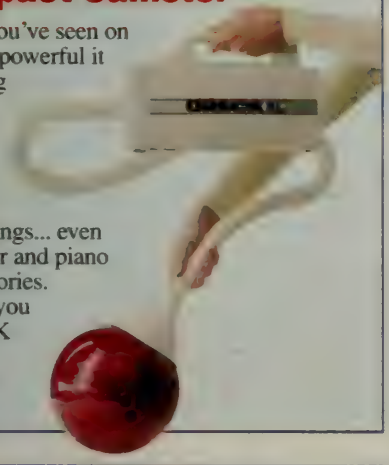
There's a lot more to a room than bare floors and carpets. So for everything above the floor, Oreck has invented a 4-pound super compact canister with the cleaning power of a heavy industrial machine.

Through this special offer, when you buy the 8-pound Oreck XL you get the compact canister free. That's a $160 savings. What's more, we'll let you try the Oreck XL in your home without obligation for 15 days. If you don't love it, you don't keep it.

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☐ **Yes!** I want to learn how the ORECK XL Hotel Vacuum can help me clean my home faster, easier and more effectively. Please send me your FREE information kit, without cost or obligation.

I understand I will receive absolutely FREE a Super Compact Canister, with the purchase of the ORECK XL Hotel Vacuum.

☐ Also include details of ORECK's 12-month Extended Payment Plan with No Interest or Finance Charge. Subject to credit approval.

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(please print)
Address _____
City _____ State _____ Zip _____
Telephone(_____) _____
area code (optional)

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C-1

Mother's Day Gifts

These gifts will delight your mom and help homeless families, too. Part of each purchase goes to The Better Homes® Fund, the nonprofit charity founded by *Better Homes and Gardens*® to help homeless parents and kids. A card with each gift explains your donation.



One night, 9-year-old Monique Frazier started doodling on a napkin at her parents' dinner party. The guest to her right, president of Seattle's Metal Arts Group, turned her drawings into jewelry—and the rest is history. Monique's innocent, positive Friendship Jewelry designs are featured in fine stores everywhere. Now 11, Monique is saving for college tuition and wants to help homeless kids. Her charming silver-toned bracelet comes in a velvet bag. Price: $14.95 (49 percent goes to The Better Homes Fund) plus $4.95 shipping and handling.* Call 800/962-4676, item #BL97.







P. Buckley Moss, one of America's most collected artists, has created a new illustration for The Lane Company's pine keepsake mini-chest. As a child with undiagnosed learning disabilities, Pat Moss suffered loneliness in school. She knows homeless kids often feel "different," too. Now a world-famous artist, Pat works hard to help children in need. Her 9×4½×3½-inch chest is an instant collectible. Price: $29.95 (44 percent goes to The Fund) plus $4.95 shipping and handling.* Call 800/841-5147.

Jewelry designer Lucinda Yates of South Portland, Maine, creates these handmade, one-of-a-kind house pins to benefit the homeless. She calls them "art with a conscience." The most popular item we've ever sold, Lucinda's witty and colorful house pins are true conversation starters. No two are alike. At this great price, why not buy several?

Approximately 2 inches in diameter with hard shell finish. Price: $12 (46 percent goes to The Fund) plus $4.95 shipping and handling.* Call 800/962-4676, item #HP97.

*Order by May 1 to ensure delivery by Mother's Day; extra charge for overnight delivery.

GIVE HER THE MIRACLE OF SPRING

Your gift of a miniature Miracle Rose plant sends $5 to The Better Homes Fund. After these beauties bloom indoors, you can plant them in the garden. They come from two of America's most popular catalogs with complete instructions and a card explaining the meaning of your gift.



This pure white miniature Miracle Rose plant (*right*) from Jackson & Perkins arrives planted in a 6-inch nursery pot that's surrounded by a decorative verdigris metal cachepot. Price: $35.95 plus $8.95 delivery. Call 800/325-5345, Dept. 7008-7, item #20668T.

Harry and David's exclusive miniature Miracle Rose plant (*left*) arrives in a handcrafted rattan basket. It features abundant 1½-inch coral blooms and grows to 30 inches tall when planted outdoors. Price: $24.95 plus $6.95 delivery. Call 800/227-3313, Dept. 7202-6, item #8101H.





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Most Common Sports Injuries

by Gary Legwold

Strengthen your body now so unexpected spills or sprains don't sideline you this summer.

"Use it or lose it" is a catchy motivational slogan for exercisers charging out of the sedentary off-season. Trouble is, too many of us use it *and* lose it this time of year. We play too much, too fast, too soon, and with muscles that are another year older. Here are the seven most common injuries likely to sabotage your summer and how to avoid them.

Runner's knee. About one-fourth of all problems treated by orthopedic surgeons involve the knee, according to the American Academy of Orthopaedic Surgeons. Torn ligaments and cartilage are the bulk of the problems, but many knee ailments are lumped under the term "runner's knee," a loose heading for aches and pains involving the kneecap.

Runner's knee, which can strike cyclists, swimmers, basketball and volleyball players, step-aerobics fans, and runners, happens when the tendon below the kneecap becomes irritated from overuse or there is wear or arthritis under the kneecap. Sometimes, in knock-kneed people, leg muscles pull the kneecap out of the groove in which it normally slides up and down, causing painful grating on the cartilage. Flat-footedness also can cause kneecap displacement during exercise.

Preventing runner's knee often involves simply replacing your worn-out shoes or insoles, which helps reduce impact. Switching from a hard to a soft running surface—or from a hilly to a flat route—also may relieve symptoms. Ask your doctor about shoe inserts called orthotics, which lift your arches and help position your feet so impact doesn't lead to misalignment at the kneecaps.

To help hold your kneecap in line, strengthen your quadriceps, the front thigh muscles. Getting more rest and cross-training can also help prevent overusing one set of muscles. A tried-and-true rule in sports medicine may help you avoid doing too much too soon. The so-called "10 percent rule" says to increase the frequency, duration, and intensity of an activity by only 10 percent per week. So, if you start walking 10 miles the first week, you would walk no more than 11 miles the second week.

If you get a bad case of runner's knee, take two days off and anti-inflammatory medication, such as ibuprofen. After two days, be sure to warm up and cool down and to ice your knee for 20 minutes after the workout.

Strengthening and stretching the muscle is key, says Lewis G. Maharam, M.D., a New York City sports medicine specialist. He recommends using a weight machine to do leg extensions, concentrating on the last 30 degrees of the extension. This isolates the thigh muscles that help hold the kneecap in line. "Within eight weeks of doing this exercise regularly, runner's knee is pretty much under control," he says.

Note: Women are especially vulnerable to ligament injuries and other knee disorders. A study by Edward Wojtys, M.D., of the University of Michigan Medical School, found that female *continued on page 66*



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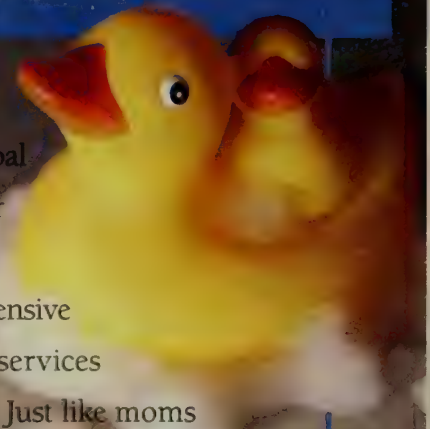


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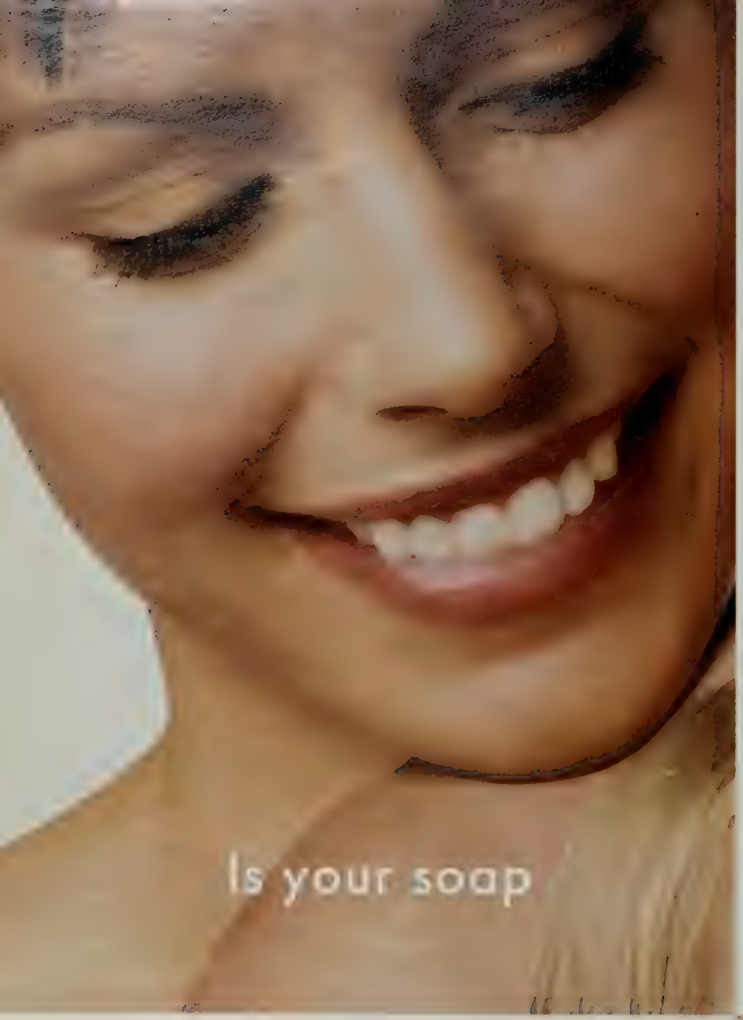


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Sports Injuries

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athletes had more knee laxity, less muscle strength and endurance, and different muscle reaction time than male athletes, even when strength was corrected for body weight. These factors have contributed to a large rise in women's knee injuries, two to eight times the level found in male athletes.

Ankle sprain. What long-time basketball, volleyball, soccer, or hockey player or runner hasn't twisted an ankle and torn a ligament or tendon? "In my practice, ankle sprains are the most common injury," says Dr. Maharam. Ankle sprains account for one in five sports-related injuries, reports the American Orthopaedic Foot and Ankle Society.

Strengthening exercises, such as heel lifts on stairs, can help prevent some sprains. Taping a weak ankle and wearing high-tops and a lace-up ankle brace also may prevent injuries, but only some. (A lace-up brace is good because you can retighten it during exercise.) The fact is, when you come down hard and wrong on a foot, forces are often too great for tape and high-tops.

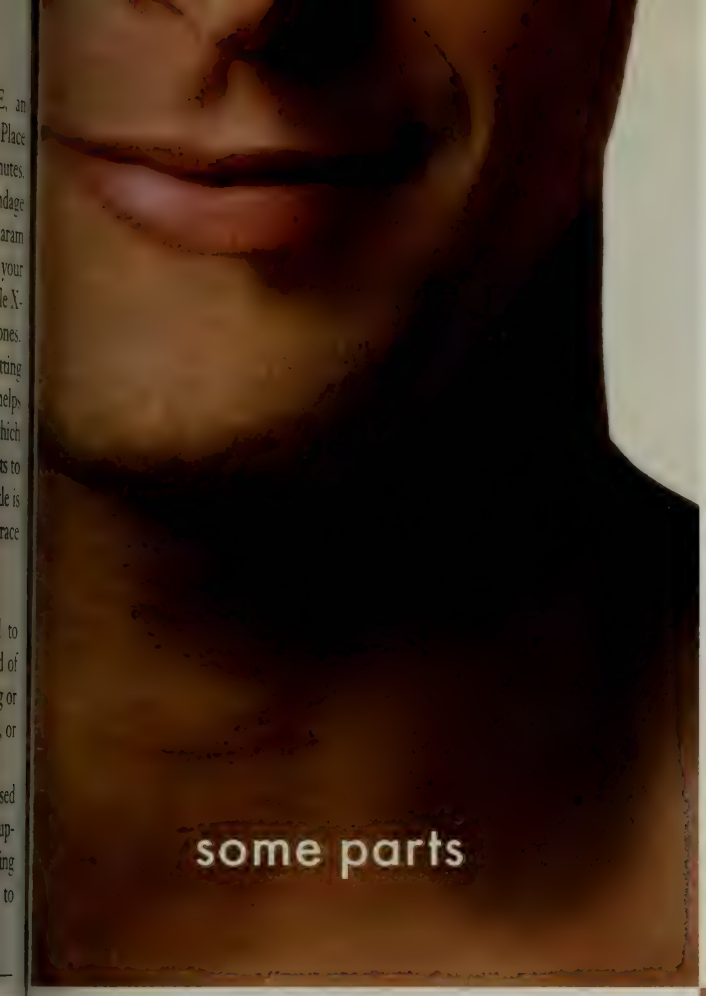
Treatment of ankle sprains involves RICE, an acronym for rest, ice, compression, and elevation. Place your ankle up on a chair while you ice it for 20 minutes, three times a day. Then wrap it with an elastic bandage and keep it elevated. When you're icing, Dr. Maharam advises putting ice in a sealable bag with water so your skin doesn't freeze. He also advises having the ankle X-rayed to rule out possible fractures and chipped bones.

Rest should only be for about a day. Gently putting the injured area in motion, says Dr. Maharam, helps promote healing by circulating "dead" blood out, which also reduces swelling. Dr. Maharam tells his patients to sit in a chair and cross their legs so the injured ankle is off the floor. With the big toe on the injured foot, trace imaginary letters from A to Z.

Shinsplints. This general term is used to describe pain on the inner side of the middle third of the shin bone. Shinsplints can be caused by running or jumping on hard surfaces, wearing worn-out shoes, or increasing intensity too fast while training.

The shin bone is the attachment site for muscles used to help raise the arch of the foot. Insufficient arch support or too-tight calf muscles strains these arch-raising muscles and the attached tendons, causing mild to sharp pain.





Shinsplints often occur in people who aren't used to exercise, says Robert Nirschl, M.D., of the Nirschl Orthopedic Clinic at Arlington Hospital in Arlington, Virginia. Wearing good shoes with solid arch support often solves the problem. Also, using the 10 percent rule mentioned on *page 64* ensures that you don't increase training too fast. Other ways to prevent and treat shinsplints: cross-training, ice, orthotics, anti-inflammatories, and strengthening and stretching of lower leg muscles.

Pulled muscle. While you can tear any muscle tissue during exercise, the most common pulls are to the hamstring, calf (especially in aging tennis players), and groin muscles. Most are caused by weakness, fatigue, inflexibility, or a hasty and improper warm-up.

"On rainy days at track meets, you see muscle pulls all the time," says Nicholas DiNubile, M.D., clinical assistant professor at the University of Pennsylvania. "Athletes don't want to stretch in the rain, and they cut short their warm-ups."

The hamstrings, the muscles in back of your thighs, go through a wide range of motion during running and are under great stress as they stretch out quickly in a long stride. When the hams pull, you may feel a painful pop and involuntarily grab the back of your thigh, which later can turn black and blue. You also may feel a gap in the muscle where the tear occurred.

RICE, anti-inflammatories, and gentle stretches are the best ways to treat muscle pulls. Try the "figure 4" stretch: Sit with one leg extended and the opposite foot tucked inside on your outstretched thigh. Lean forward and reach as far as possible without feeling pain. Hold for 20 seconds. Repeat with the opposite leg extended.

As the injury is healing, start a preventive program of gentle stretching and strengthening the muscle. Take time to warm up and cool down. Warm up means light activity until you break out in a slight sweat, and then stretching. Don't worry if you're not as flexible as your workout partner or teammates. The point of stretching is to help your muscles, not your ego. "Not everyone is a Gumby," says Dr. DiNubile.

Low back pain. The good news here is that low back pain is less prevalent among people who exercise regularly. It is a far more serious problem among overweight, sedentary people. Dr. DiNubile cites a study that showed fewer back problems among firefighters as they improved their aerobic fitness.

Low back pain, however, is always lurking around the corner for golfers, tennis players, cyclists, joggers, and baseball and softball *continued on page 68*



Sports Injuries

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players. One hurried warm-up before the first tee can bring any golfer to his or her knees with a backache.

Usually, the problem is the sudden overloading of muscles and ligaments that aren't warmed up or strong or flexible enough to withstand the activity. Back spasms, bulging discs, and sciatica (pain shooting down the leg from the lower back) are less common but more painful.

Runners may be surprised to know their low back pain is usually not related to the above causes. "The most common cause of low back pain in runners is a leg-length discrepancy," says Dr. Maharam, author of *Backs in Motion* (Henry Holt, 1996). Repeated and jarring movement with one leg ¼ inch longer than the other throws the back out of whack.

"I tell some of my patients they'd do better taking lessons from a tennis pro than to keep coming back to me."



Treatment depends on the injury. A bulging disc and sciatica require immediate medical attention. Leg-length discrepancies are often solved by using orthotic lifts designed by a podiatrist. Back spasms and muscle pulls respond to RICE, anti-inflammatory medication, and a stretching and strengthening program.

To keep low back pain at bay, learn about proper standing and sitting posture and lifting techniques. Also, check with your doctor about the scores of good exercises that increase back muscle strength and flexibility as well as abdominal muscle strength. Abs support the back muscles; if the abs are weak, the back muscles become overstrained.

Here's a simple exercise from Dr. DiNubile that builds the back extensor muscles (the long thin bands that run the length of the backbone and are often sore from exercise). Get on all fours. Raise one arm so that it's straight out from your shoulder, parallel to the floor. Extend the opposite leg so it's also parallel to the floor. Hold for 10 to 20 seconds. Repeat using the other arm and opposite leg. Then lie on your stomach and extend both hands and feet as if you were flying. Hold for 10 seconds.

Shoulder pain. About 4 million people seek medical help each year for shoulder sprains, strains, and dislocations. Shoulder pain is common in sports that involve excessive overhead motion, such as swimming, tennis, weight training, volleyball, baseball, and softball. Early in the season, too many innings of softball can be hard on winter-softened shoulders.

Most shoulder problems are from overuse. The shoulder is a ball-and-socket joint held together by a group of muscles and tendons called the rotator cuff. Repeated use loosens the rotator cuff, and you feel stiffness, a lack of strength, and slipping in the shoulder, especially as you raise your arm overhead. Impingement is the pain caused by excessive rubbing of the rotator cuff on the top part of the shoulder blade. RICE and anti-inflammatory medication help shoulder pain. But the best treatment is also the best prevention: exercises to strengthen shoulder muscles.

Tennis/golf elbow. When the tendons and muscles on the outside of your elbow are repeatedly overloaded in the backhand stroke in tennis, the result is a tendon degeneration called tennis elbow.

Golf elbow occurs when poor strokes result in jarring divots and when golfers try to "muscle the ball," says Dr. Nirschl, author of *Arm Care* (Medical Sports Publishing, 1996). Golf elbow can occur on either elbow—on the outside of the leading elbow (the left arm for right-handers) or the inside of the trailing elbow (the right arm).

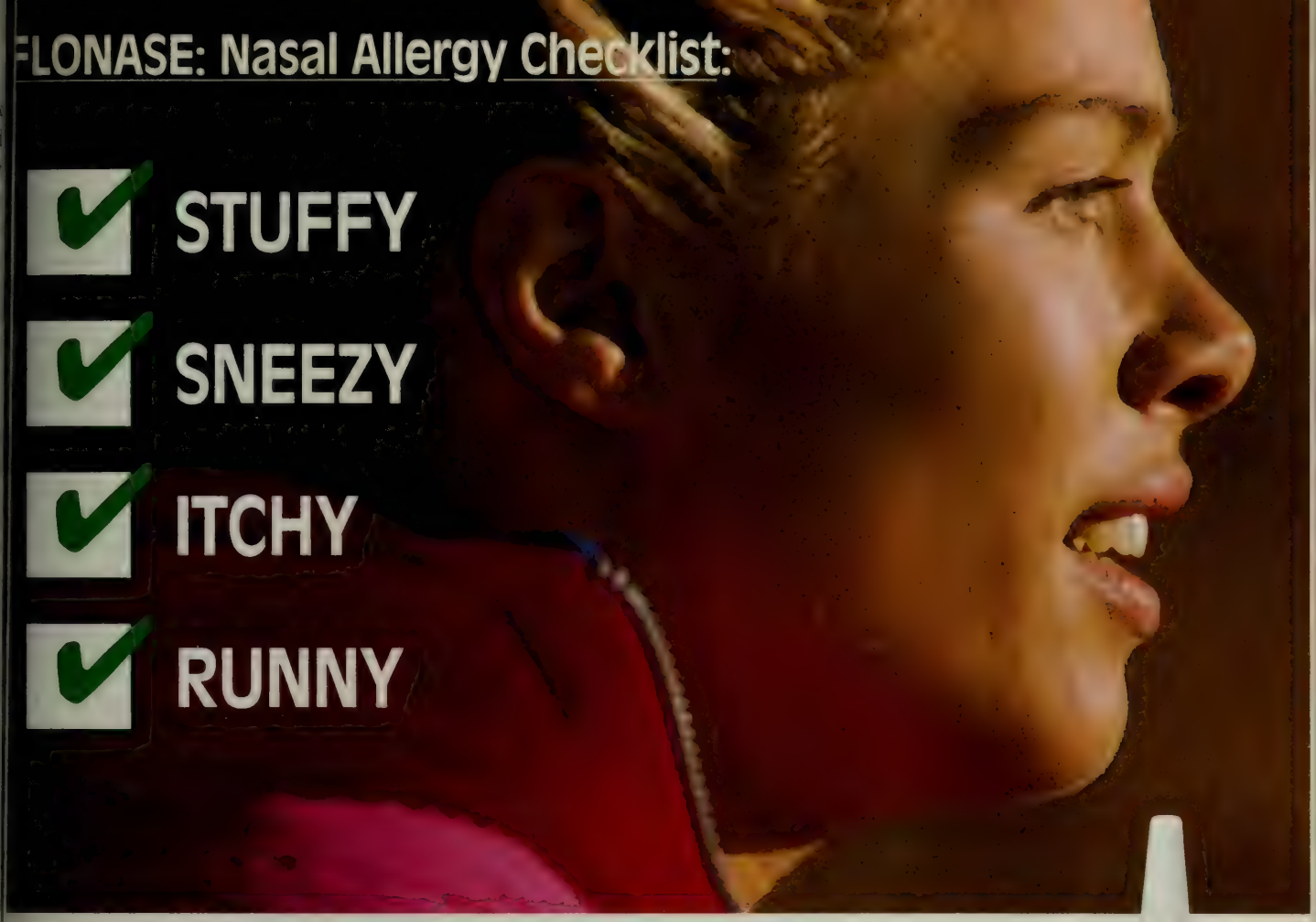
RICE and anti-inflammatory medication are routinely prescribed with these elbow ailments. But pills and rest don't heal the tissue, says Dr. Nirschl. "They are temporary comforters, not a cure," he says.

Forearm-strengthening exercises help in healing. Examples: Wrist curls (palm facing forward) and reverse wrist curls (palm facing backward) using light weights are great. Do several repetitions. Squeezing a soft rubber ball until arm fatigue sets in also builds strength.

Equipment adjustments are important in tennis elbow. Dr. Nirschl recommends using a racket of medium flexibility and somewhat loose string tension. Also, try a larger grip; a too-small grip may cause you to squeeze the racket too hard, which causes strain.

Elbow braces also can help in preventing a stranglehold grip and in dampening the impact forces that travel from the racket up your arm. "Even when I go to the hardware store I look for a hammer that fits my hand," Dr. Nirschl says. "The employees kind of look at me like I'm nuts."

But the best help for tennis or golf elbow doesn't come from a doctor. He or she can't advise you in tennis, for example, about too much topspin and late hits with bent-elbow backhands. Bad technique brings about bad elbows no matter what medical advise you receive, says Dr. DiNubile. "I tell some of my patients that they'd do better taking lessons from a tennis pro than to keep coming back to me."



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BRIEF SUMMARY

SHAKE GENTLY BEFORE USE.

For Intranasal Use Only.

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic glucocorticoid with a topical glucocorticoid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic glucocorticoids and transferred to topical glucocorticoids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic glucocorticoid treatment, too rapid a decrease in systemic glucocorticoids may cause a severe exacerbation of their symptoms.

The use of FLONASE Nasal Spray with alternate-day systemic prednisone could increase the likelihood of hypothalamic-pituitary-adrenal (HPA) suppression compared with a therapeutic dose of either one alone. Therefore, FLONASE Nasal Spray should be used with caution in patients already receiving alternate-day prednisone treatment for any disease. In addition, the concomitant use of FLONASE Nasal Spray with other inhaled glucocorticoids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the intranasal administration of fluticasone propionate. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of glucocorticoids.

Use of excessive doses of glucocorticoids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or suppression of growth in children or teenagers. Knemometry studies in asthmatic children on orally inhaled glucocorticoids showed inhibitory effects on short-term growth rate. The relationship between short-term changes in lower leg growth and long-term effects on growth is unclear at this time. Physicians should closely follow the growth of adolescents taking glucocorticoids, by any route, and weigh the benefits of glucocorticoid therapy against the possibility of growth suppression if an adolescent's growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at larger doses, systemic glucocorticoid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral glucocorticoid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infections; untreated fungal, bacterial, or systemic viral infections; or ocular herpes simplex.

Because of the inhibitory effect of glucocorticoids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal glucocorticoid until healing has occurred.

Information for Patients: Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the patient's instructions accompanying the product.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1.0 mg/kg (3 mg/m² as calculated on a surface area basis) for 78 weeks in the mouse or inhalation of up to 57 mcg/kg (336 mcg/m²) for 104 weeks in the rat.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

FLONASE® (fluticasone propionate) Nasal Spray, 0.05%

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (295 mcg/m²) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: Teratogenic Effects: Pregnancy Category C: Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (135 and 590 mcg/m², respectively, as calculated on a surface area basis), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (48 mcg/m²).

However, following oral administration of up to 300 mcg/kg (3.6 mg/m²) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Less than 0.008% of the dose crosses the placenta following oral administration to rats (100 mcg/kg, 590 mcg/m²) or rabbits (300 mcg/kg, 3.6 mg/m²).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of tritiated drug to lactating rats (10 mcg/kg, 59 mcg/m²) resulted in measurable radioactivity in both plasma and milk. Because other glucocorticoids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of FLONASE Nasal Spray in children below 12 years of age have not been established. Oral glucocorticoids have been shown to cause growth suppression in children and teenagers with extended use. If a child or teenager on any glucocorticoid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of glucocorticoids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n=132) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, 2,427 patients received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle and active comparators.

Systemic glucocorticoid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive or if in conjunction with systemically administered glucocorticoids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months.

Incidence Greater than 1% (Causal Relationship Possible):
Respiratory: Epistaxis, nasal burning (incidence 3% to 6%); blood in nasal mucus, pharyngitis, nasal irritation (incidence 1% to 3%).
Neurological: Headache (incidence 1% to 3%).

Incidence Less than 1% (Causal Relationship Possible): ***Respiratory:*** Sneezing, runny nose, nasal dryness, sinusitis, nasal congestion, bronchitis, nasal ulcer, nasal septum excoriation.
Neurological: Dizziness.
Special Senses: Eye disorder, unpleasant taste.
Digestive: Nausea and vomiting, xerostomia.
Skin and Appendages: Urticaria.

Postmarketing Experience: In addition to the events from clinical trials, the following have been reported during postmarketing experience.

Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation.

OVERDOSAGE: There are no data available on the effects of acute or chronic overdosage with FLONASE Nasal Spray. Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate. Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS).

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Research Triangle Park, NC 27709
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October 1996
RL-367
GLA-01-038M

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Buying Guide

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Page 177 (top): small glass bowl, "B.C." Dinnerware—Annieglass; 408/761-2041.
Page 180: scrub pine coffee table—Crost Furniture & Imports (address above). **Salad fork,** "Beehive"—Pottery Barn; for a store near you call 800/922-5507.

LAUNDRY SOLUTIONS

Page 226: washer and dryer—Frigidaire Co., 600 Perimeter Dr., Dublin, OH 43017-3215; 800/374-4432. **Ironing board cabinet**—Iron-A-Way, Inc., 220 W. Jackson St., Morton, IL 61550; 309/266-7232. **Faucet and sink**—Moen, Inc., 25300 Al Moen Dr., North Olmstead, OH 44070-8022; 800/553-6636. **Pullout drying rack, plastic mats**—Häfele America Co., 3901 Cheyenne Dr., P.O. Box 4000, Archdale, NC 27263; 800/334-1873. **Laundry baskets**—Rubbermaid, Inc., 1147 Akron Rd., Wooster, OH 44691; 800/643-3490. **Television**—General Electric Co., Thompson Consumer Electronics, P.O. Box 1976, Indianapolis, IN 46206; 800/447-1700. **Cabinets**—Cabinet Concepts, 431 Second St., Hudson, WI 54016; 715/386-8687.
Page 228: washer and dryer—Frigidaire Co. (address above). **Vinyl flooring**—Armstrong World Ind., Inc., P.O. Box 3001, Lancaster, PA 17604; 800/704-8000. **Ironing board and wardrobe hanger**—Häfele America Co. (address above). **Television**—General Electric Co. (address above). **Faucet and sink**—Moen, Inc. (address above). **Cabinets**—ALL, Inc., 185 W. Plato Blvd., St. Paul, MN 55107; 800/829-2127. **Anti water-hammer device,** "Quiet Pipes"—Oatey Co., 4700 W. 160th St. Cleveland, OH 44135; 216/267-7100.
Page 230: laundry cart (White)—Hold Everything, P.O. Box 7807, San Francisco, CA 94120-7807; 800/421-2264. **Garment rack**—LeeRowan, a Newell Co.; 800/325-6150. **Ironing board**—Kitchen & Home, P.O. Box 72, Hanover, PA 17333-0072; 800/414-5544. **Iron**—Black & Decker, Household Products Group, Customer Service, 626 Hanover Pike, Hampstead, MD 21074; 800/231-9786. **Three-bin hamper**—Home Decorators Collection, 2025 Concourse Dr., St. Louis, MO 63146-4178; 800/245-2217.

READER SHOPPING

Page 43: I Love My Home, I Love My Garden Sampler Kit—Banar Designs, P.O. Box 483, Fallbrook, CA 92088.
Page 108: *Better Homes and Gardens*® Diamond Jubilee™ Rose—Certified Roses, Box 4400, Tyler, TX 75712.
Page 111: Daylilies—Oakes Daylilies, 8204 Monday Rd., Corryton, TN 37721.
Page 212: Kid's Water Garden in a Tub—Scherer & Sons, 104 Waterside Ave., Northport, NY 11768.

Architects & Designers

BRIGHTENED BY LEAVES

Pages 131-140: landscape designer—Conni Cross, P.O. Box 730, Cutchogue, NY 11935.

GOOD MORNING KITCHENS

Pages 167-169: architect—Paul Benowitz, Architect, A.I.A., 55 Locust Ave., Rye, NY 10580.
Pages 170-172: architect—Andrew Porth, Porth Architects, Young Quinlan Bldg., 81 S. Ninth St., Minneapolis, MN 55402. **Contractor**—Phil Matthew Construction, 3603 Tonkawood Rd., Minnetonka, MN 55345.

LAUNDRY SOLUTIONS

Page 226: builder—Todd Bjerstedt, Landsted Homes, 431 Second St., Hudson, WI 54016; 715/386-1111.
Page 228: builder—Randy Grekoff, Westlake Builders, 750 Crosby Dr., Hudson, WI 54016; 612/436-6191.


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Hey, Mom—Cool Braces!

by Janine S. Pouliot

Don't let age stop you from having the straight teeth you've always dreamed of. Braces aren't just for kids anymore.



Parents are still making regular trips to the orthodontist's office, but these days more are leaving their kids in the waiting room.

Nearly 1 million grown-ups are sporting some form of braces, double the number from 10 years ago, according to the American Association of Orthodontists (AAO).

A slew of technological advances have made braces less noticeable, less painful, and even less time-consuming. And as America's baby boomers become more health-conscious, they're rejecting the notion that dentures are a routine part of growing older.

"We want to maintain our body parts longer. People brag about working out, and braces are an outward statement that you care about yourself," says Jeffrey Schauder, D.D.S., president of the Midwestern Society of Orthodontists and practitioner in Green Bay, Wisconsin.

We also want to look better. Chris Carpenter, D.D.S., an orthodontist in Denver, says as people get older, their facial muscles begin to droop. "Your smile line drops and you see more of the lower teeth," he says. "I've had several patients say this is the first time they've noticed how crooked their teeth were."

Goodbye tinsel teeth. Clear brackets have been the biggest lure for adults. Now, instead of separate bands of stainless steel being wrapped around each tooth, smaller translucent ceramic brackets are bonded directly to the front of the teeth. The ceramic brackets blend in with your teeth's natural enamel.

The old metal bands also often touched the gums, causing irritation, says David Kinser, D.D.S., an orthodontist in Des Moines, Iowa, and an adjunct associate professor at the University of Iowa College of Dentistry. The new brackets are much more "periodontally friendly," he says. And in certain cases where aesthetics are

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Important New Guidelines for Living with Arthritis



If you are one of the 16 million Americans who suffer from osteoarthritis, you should know about new treatment guidelines developed by the American College of Rheumatology (ACR)*—a professional organization of doctors dedicated to arthritis treatment and research. These guidelines recommend a variety of lifestyle changes as well as a new first choice in pain relief—all of which can help you better manage your pain and lead a more active, productive life.

What Is Osteoarthritis?

The most common form of arthritis, osteoarthritis is a chronic, degenerative joint disease that occurs when years of wear and tear cause damage in the joint. Sports or work-related injuries can also cause osteoarthritis, as can repetitive motion. Osteoarthritis may also be inherited.

Treating Osteoarthritis

For years, doctors believed that osteoarthritis pain was caused primarily by inflammation in the joints. As a result, they prescribed anti-inflammatory drugs and rest (as opposed to exercise) for their osteoarthritis patients.

Today, doctors recognize that osteoarthritis pain is caused not by inflammation but by joint wear and tear. Therefore, doctors have updated their osteoarthritis treatment program to include exercise, weight control, and a new approach to pain management.

The Importance of Exercise and Weight Control

The ACR guidelines stress the importance of exercise as a way of managing the symptoms of osteoarthritis. Your doctor can help you plan an exercise program that increases your range of motion while reducing your pain and stiffness.

Since osteoarthritis is a disease of the weight-bearing joints, maintaining a healthy weight is also important. Regular exercise and a balanced diet can help.

Drug Therapy

Instead of NSAID (nonsteroidal anti-inflammatory drug) pain relievers like aspirin, naproxen sodium, ketoprofen, and ibuprofen, *the ACR guidelines now recommend the medicine in TYLENOL as the first choice pain reliever for osteoarthritis pain.* TYLENOL provides effective relief of the nagging, aching pain of osteoarthritis. And the TYLENOL FASTCAP™ package, which is commended by the Arthritis Foundation, makes it easier for arthritis sufferers to take their medication.



What's more, TYLENOL does not pose the same risks of causing side effects such as drug interaction problems and stomach irritation, side effects that, to varying degrees, aspirin, naproxen sodium, ketoprofen, and even ibuprofen can sometimes cause. If you suffer from osteoarthritis and medicate frequently, you should be cautious about these side effects—and be sure to talk to your doctor about choosing a pain reliever.

** The American College of Rheumatology is an independent professional, medical, and scientific society which does not guarantee, warrant, or endorse any commercial product or service.*

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TYLENOL®

Hey Mom—Cool Braces!

continued from page 72

critical, brackets can be secured to the inside of the teeth, rendering them invisible.

New high-tech wires have also made braces less time-consuming and more comfortable. Old-fashioned wires required an office visit every few weeks during which the orthodontist tightened the wire. Patients would experience sudden intense force that would gradually diminish until it was time for their next appointment.

But newer space-age wires—developed by NASA for use in the space program—apply an even, gentle pressure over a much longer period of time. The nickel-titanium wires are contoured to follow the line of the patient's teeth. Then, heat from the mouth activates the wire to slowly regain its original shape.

Consequently, the on-again, off-again pain is eliminated. It's a notably more comfortable process, says Clifford Marks, D.D.S., an orthodontist in Miami. And treatment time is shortened because there's no pause in the tension exerted on the teeth.

Saving face. Given this modern gadgetry, is treatment for adult orthodontics any different from treatment for kids? Well, yes and no. Essentially, the process of moving teeth is the same. But because you're dealing with a more mature mouth, you've got a different set of scenarios.

By age 35, three out of four adults have some form of periodontal disease, according to the American Dental Association. The affliction is caused by a buildup of bacteria in plaque. Periodontitis is significant because it can damage the underlying support structures that hold teeth in place. When gums and bone become soft or weakened, teeth begin to move around in the mouth.

And in severe cases, a tooth falls out or has to be removed. Open spaces result. Healthy teeth often tip into these expanses, causing an unattractive and askew line. Crooked teeth present their own set of problems. By making it difficult to properly brush and floss, uneven teeth can lead to an accumulation of plaque. And the cycle goes round and round.

Treatment for these conditions often involves the collaboration of a dentist, periodontist, and orthodontist. "We want to arrive at the same diagnosis and treatment to make sure we're all on the same path," says Dr. Marks.

Sally Borla's dentist told her she'd reached the point of no return.

"I had a long history of heavy plaque buildup and gum disease," says the 56-year-old from Bloomingdale, Illinois. "I'd lost two teeth years ago and didn't have a spacer put in. My teeth had shifted around so much that I was biting into the sides of my mouth and tongue. My choices were surgery or braces." She chose braces.

Sally is delighted with the results. "I really look great, if I must say so myself," she says.

Some experts believe braces can help with temporomandibular joint (TMJ) disorder, a problem common among women. TMJ affects the joints at either side of the jaw, making it painful to open and close your mouth. Facial pain, headaches, and tenderness of the jaw muscles are a few of the symptoms. Some patients experience a clicking or popping sound when they move their mouths.



Generally, adults can expect to wear braces between 12 and 36 months.

While many factors can contribute to TMJ, such as stress and hormonal influences, says Dr. Carpenter, braces may provide relief by correcting misaligned teeth. If you think you may have TMJ, talk to your dentist about treatment options.

When do they come off? How long you have to wear braces depends on what's being done.

In general, adult corrections take slightly longer than kids' because an adult's mouth and jaw are no longer growing and problems may be more challenging. Generally, adults can expect to wear braces between 12 and 36 months.

Most standard employer-sponsored group dental insurance covers some portion of braces for adults. "Seventy percent of the patients in our practice have coverage," says Dr. Schauder. The AAO says 54 percent of all orthodontic patients are offered coverage. Individual insurance is not available. Fees are based on the severity of the problem and the complexity of treatment. Most therapies range from $1,800 to $4,500.

Assuming you don't consume mass quantities of sticky candy on a regular basis, braces needn't change your lifestyle. The only difference is that you may have to do a bit of hygienic gymnastics, says Dr. Schauder. "A snack might require a trip to the bathroom with a toothbrush," he says.

The greatest risk facing adults with braces is gum disease. Since adults are more prone to it and often eat a diverse diet, they must be extra careful about brushing and flossing. Other than that, if patients are properly screened for gum and bone strength, there really is no age limit to a better, straighter smile.

"I recently treated a 74-year-old grandmother," says Dr. Carpenter. "She looks great."

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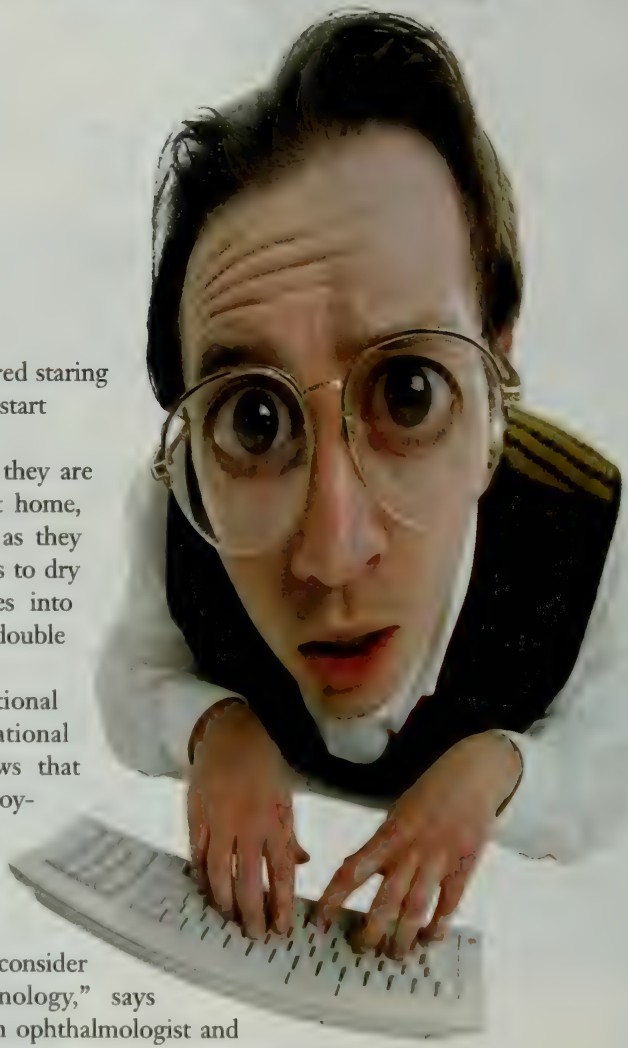
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†Enrollment in Committed Quitters is available with purchase of Step 1 or Step 2 cartons. Helps you to stop smoking when used as directed in enclosed user's guide. ©1996 SmithKline Beecham Consumer Healthcare LP.



Hey You—BLINK

The next time you get tired staring at your computer screen, start batting your eyes at it.

Most people, whether they are logged on at work or at home, forget to blink as often as they should, causing their eyes to dry up. That often translates into itching or burning eyes, double vision, or blurriness.

A study by the National Institute of Occupational Health and Safety shows that nearly 90 percent of employees who work with computers for more than three hours a day suffer some form of eyestrain.

"Few people stop to consider the downside of technology," says Stanley Teplick, M.D., an ophthalmologist and member of the Better Vision Institute advisory council in Rosslyn, Virginia. "Computers are very hard on the eyes."

Another way to protect your peepers, says Dr. Teplick, is to avoid that other major eye vexation—glare. Some tips:

- Don't keep a bright light right behind your computer screen, and don't put your computer in front of a large window. You shouldn't work in the dark, either. The contrast between the light from your computer screen and the lack of background light can really strain your eyes.
- Take a 10-minute eye break every hour. Find something else to do at your desk or get a drink of water. If your eyes still don't feel better, see your eye doctor.

America, the Shrinking

Americans no longer hold their heads above the rest of the world.

According to research compiled by Richard Steckel, an economics and anthropology professor at Ohio State University, the U.S. doesn't have the world's tallest citizens, a claim made after height studies of men born in the 1850s.

The world's tallest people are the Norwegians and the Dutch, whose male citizens stand at an average 5 feet 10 inches. The Swedes come in a close second, and Americans rank third with an average male height at around 5 feet 9 inches. Average height is an important indicator of a country's health care, nutrition, and standard of living, says Steckel.

Germ-Fighting Toys

A new line of preschool toys is the latest antibacterial weapon in the war on germs.

The 15 Playskool toys actually fight off bacteria, such as E. coli, salmonella, strep, and staph. The toys are made with Microban, an antimicrobial protection similar to the germ-clobbering ingredient found in antibacterial soaps.

"It's molecularly bound for the life of the plastic. You can't wash it off, scratch it off, or scrape it off," says Philip Tierno, Ph.D., a microbiologist at New York University Medical Center and director of clinical microbiology at Tisch Hospital. He tested the prototype toys for Playskool.



Microban is colorless, tasteless, nontoxic, and hypoallergenic, so it's safe for kids. It's a natural for toys, says Tierno, because kids are most at risk for infectious diseases.

"This is just another germ-fighting tool," he says. In other words, keep washing those hands.

continued on page 80


A moisturizing therapy that does as much for your mood as it does for your feet.
PEPPERMINT LOTION
REVITALIZING SPRAY
Rough Skin Removing Foot Cream
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After a long, hard day your feet deserve to be pampered with Dr. Scholl's® Peppermint Foot and Leg Lotion with Alpha Hydroxy. It moisturizes and gently removes dry, rough skin, revitalizing your feet, legs and state of mind. To indulge your senses even more, try our full line of foot beauty products.
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NOW THERE'S ALLEGRA™. THE PRESCRIPTION SEASONAL ALLERGY MEDICINE THAT LETS YOU GET OUT THERE.

Experience something different this allergy season. So *you* can experience more. Because this season, there's Allegra.

Only you know how miserable your seasonal nasal allergies can be—and how some medicines can make you feel. That's why Allegra was made to give you nondrowsy relief from symptoms like sneezing, runny nose, and watery, itchy eyes, but lets you feel like yourself.

In fact, in tests conducted by allergists, drowsiness in people who took Allegra was similar to placebo (sugar pill), 1.3% vs 0.9%. The most commonly reported adverse experiences for Allegra and placebo are cold or flu (2.5% vs 1.5%), nausea (1.6% vs 1.5%), and menstrual pain (1.5% vs 0.3%).

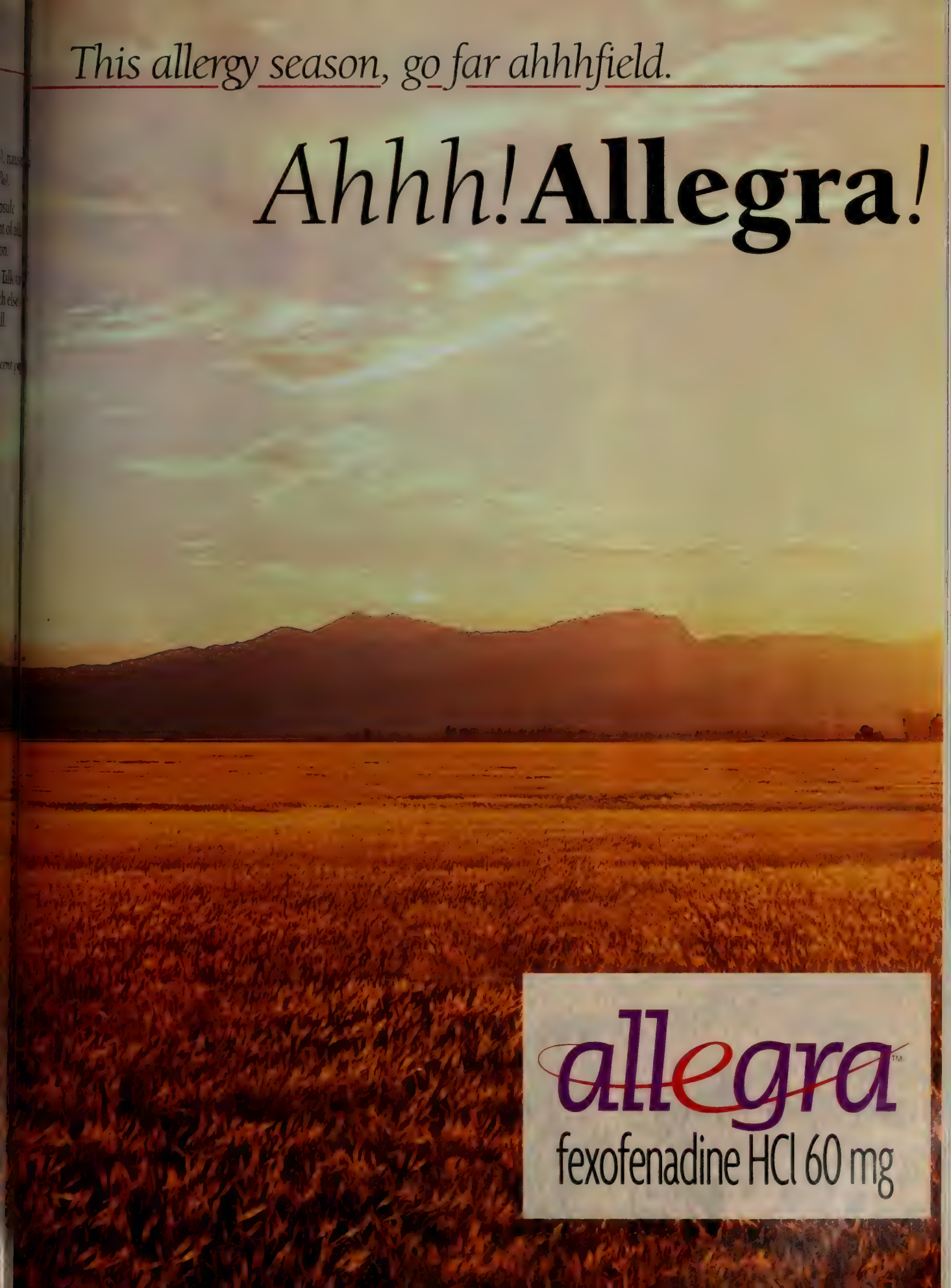
And Allegra is safe to take as prescribed—one capsule, twice a day for people 12 and over. Most important of all, its effectiveness doesn't wear off as the day wears on.

So discover what it takes to get out there this year. Talk to your doctor. Because *we* don't need to tell you much else about Allegra.* The relief you'll feel says it, ahhh, all.

* *Please see additional important information on adjacent pa*



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This allergy season, go far ahhhfield.
Ahhh! Allegra!
allegra™
fexofenadine HCl 60 mg

Brief Summary of
Prescribing Information as of July 1996

ALLEGRA™
(fexofenadine hydrochloride) Capsules
60 mg

INDICATIONS AND USAGE
ALLEGRA™ is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 12 years of age and older. Symptoms treated effectively include sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes

CONTRAINDICATIONS
ALLEGRA™ is contraindicated in patients with known hypersensitivity to any of its ingredients.

PRECAUTIONS
Drug Interactions
In two separate studies, fexofenadine hydrochloride 120 mg twice daily (twice the recommended dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal, healthy volunteers (n=24, each study). No differences in adverse events or QTc interval were observed when subjects were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

Effects on Steady-State Fexofenadine Pharmacokinetics After 7 Days of Co-Administration with Fexofenadine Hydrochloride 120 mg Every 12 Hours (twice recommended dose) in Normal Volunteers (n=24)

Concomitant Drug	$C_{max,SS}$ *(Peak plasma concentration)*	$AUC_{SS}(0\text{-}12h)$ *(Extent of systemic exposure)*
Erythromycin (500 mg every 8 hrs)	+82%	+109%
Ketoconazole (400 mg once daily)	+135%	+164%

The mechanisms of these interactions are unknown, and the potential for interaction with other azole antifungal or macrolide agents has not been studied. These changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials. Fexofenadine had no effect on the pharmacokinetics of erythromycin or ketoconazole.

Carcinogenesis, Mutagenesis, Impairment of Fertility
The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine exposure (based on plasma area-under-the-curve [AUC] values). No evidence of carcinogenicity was observed when mice and rats were given daily oral doses of 50 and 150 mg/kg of terfenadine for 18 and 24 months, respectively; these doses resulted in plasma AUC values of fexofenadine that were up to four times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose).
In in-vitro (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation, and Rat Lymphocyte Chromosomal Aberration assays) and in-vivo (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hydrochloride revealed no evidence of mutagenicity.
In rat fertility studies, dose-related reductions in implants and increases in postimplantation losses were observed at oral doses equal to or greater than 150 mg/kg of terfenadine; these doses produced plasma AUC values of fexofenadine that were equal to or greater than three times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose).

Pregnancy
Teratogenic Effects: Category C. There was no evidence of teratogenicity in rats or rabbits at oral terfenadine doses up to 300 mg/kg; these doses produced fexofenadine plasma AUC values that were up to 4 and 37 times the human therapeutic value (based on a 60-mg twice-daily fexofenadine hydrochloride dose), respectively.
There are no adequate and well-controlled studies in pregnant women. Fexofenadine hydrochloride should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects. Dose-related decreases in pup weight gain and survival were observed in rats exposed to oral doses equal to and greater than 150 mg/kg of terfenadine; at these doses the plasma AUC values of fexofenadine were equal to or greater than 3 times the human therapeutic values (based on a 60-mg twice-daily fexofenadine hydrochloride dose).

Nursing Mothers
There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.

Pediatric Use
Safety and effectiveness of ALLEGRA™ in pediatric patients under the age of 12 years have not been established. Across well-controlled clinical trials in patients with seasonal allergic rhinitis, a total of 205 patients between the ages of 12 to 16 years received doses ranging from 20 mg to 240 mg twice daily for up to two weeks. Adverse events were similar in this group compared to patients above the age of 16 years.

Geriatric Use
In placebo-controlled trials, 42 patients, age 60 to 68 years, received doses of 20 mg to 240 mg of fexofenadine twice daily for up to two weeks. Adverse events were similar in this group to patients under age 60 years.

ADVERSE REACTIONS
In placebo-controlled clinical trials, which included 2461 patients receiving fexofenadine hydrochloride at doses of 20 mg to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. The incidence of adverse events, including drowsiness, was not dose related and was similar across subgroups defined by age, gender, and race. The percent of patients who withdrew prematurely because of adverse events was 2.2% with fexofenadine hydrochloride vs 3.3% with placebo. All adverse events that were reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride (60 mg twice-daily), and that were more common with fexofenadine than placebo, are listed in the following table

Adverse Experiences Reported in Placebo-Controlled Seasonal Allergic Rhinitis Clinical Trials at Rates of Greater Than 1%

Adverse Experience	*Fexofenadine 60 mg Twice Daily (n=679)*	*Placebo Twice Daily (n=671)*
Viral Infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Adverse events occurring in greater than 1% of fexofenadine hydrochloride-treated patients (60 mg twice daily), but that were more common in the placebo-treated group, include headache and throat irritation. The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients

Prescribing Information as of July 1996

Hoechst Marion Roussel, Inc.
Kansas City, MO 64137 USA

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Health Update

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10 BEST WAYS TO FALL ASLEEP

Insomnia is a symptom, not a medical problem, says Katherine Albert, M.D., Ph.D., director of the sleep laboratory at New York Hospital-Cornell Medical Center in Manhattan and author of *Get a Good Night's Sleep* (Simon & Schuster, 1996). "It's a sign that something isn't working right for you," she says.

To sail smoothly into the land of Nod, Dr. Albert suggests trying one—or all—of the following:

1. Sleep in a comfortable bed. A firm mattress and pillow are best.
2. Make sure your bedroom is conducive to sleep. Most people sleep best in a room that's a bit cooler than normally desired when awake.
3. Take a bath. Think bubbles and candlelight.
4. Drink a glass of warm milk or a cup of herb tea. Milk is rich in calcium and L-tryptophan, which help your body prepare for sleep.
5. Do a relaxation exercise. Breathe deeply, listen to soothing music, or let your mind wander.
6. Do some light reading. Choose a book you can easily pick up and put down.
7. Say good night to your worries and shut the bedroom door on them.
8. Make sure your last hour before bed is as peaceful as possible. Skip scary movies and save intense conversations for a better time.
9. Allow yourself to sleep—or stay awake, if your body so chooses. In other words, don't try to force or control anything. You can't force sleep.
10. Get up after 30 minutes or so and do something you like or need to do. If you can't sleep, you may as well be productive.

A Losing Habit

If health reasons haven't convinced you or someone you love to quit smoking yet, vanity just might.

The Academy of General Dentistry (AGD) reports that a pack-a-day habit can cause some smokers to lose at least two teeth every 10 years. So, if you started smoking a pack a day at 18 and are now 35, you may be missing a few of your pearly whites.

In one study, 495 healthy men had their teeth examined every three years. They were divided into three groups: those who never used tobacco, those who smoked continuously, and those who smoked at the beginning of the study but later quit.

After 10 years, the pack-a-day smokers lost an average of three teeth, while nonsmokers lost an average of one. The men who smoked at the start of the study, but later quit, lost an average of two teeth after 10 years, and tooth loss declined after that.

"The bottom line is that smoking leads to periodontal disease, which leads to tooth loss," says Fred Magaziner, D.D.S., spokesman for the AGD.

If you've tried to quit, but have had trouble, call the Agency for Health Care Policy and Research to request its free booklet, "You Can Quit Smoking." It discusses the most effective ways to quit, such as nicotine patches, nicotine gums, and learning ways to channel stress. Call 800/358-9295 or visit the agency's Internet site at www.ahcpr.gov.

Dying to Get into The ER

As the temperature rises this summer, so do the chances that you or someone in your family will spend time in an emergency room or urgent care clinic. While both provide needed care, what are the guidelines when choosing a destination?

Obviously, go to the emergency room if you have trouble breathing, chest pain, or uncontrolled bleeding, says Robert L. Norris, M.D., assistant professor of surgery and head of the Stanford University Hospital emergency department. Don't go to the ER if you need medication for an infection or have a fever, or if your child needs a few stitches for a cut.

"The emergency department is not a substitute for your family physician or clinic," says Dr. Norris. Your doctor has your medical history and can generally provide care more efficiently at a lower cost, he says. Besides, many health plans charge a larger copayment or assess fees if members use an emergency room unnecessarily.

To make emergencies less stressful, locate the closest ER and urgent-care clinic. Many clinics are staying open longer to help those who require immediate, but not emergency, care. Ask your doctor which option is best and consistent with your health plan.

Double-Duty Birth Control Pill

For the first time, the Federal Drug Administration has approved an oral contraceptive that also can be prescribed to fight acne.

Ortho Tri-Cyclen is a low-dose pill that researchers have found also decreases the hormone levels that contribute to acne. In clinical trials, more than 80 percent of the women who participated said their acne improved.

The pill may be appropriate for women who don't respond to benzoyl peroxide and antibiotics, two common acne treatments. In order for Ortho Tri-Cyclen to be prescribed for acne, patients must be older than 15, seeking contraception, and unresponsive to topical anti-acne medications.



That's why there's LYSOL® Antibacterial Kitchen Cleaner.®

You can get sick from bacteria found in some raw meats, poultry and eggs. That's why thorough cooking is important.

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Help make your kitchen a healthier place.



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ALERT AND ACTIVE

IMITREX® (sumatriptan succinate) TABLETS
RELIEVE MIGRAINE PAIN, NAUSEA, EVEN SENSITIVITY TO LIGHT... WITHOUT DROWSY SIDE EFFECTS.

UNIQUE MIGRAINE RELIEF AVAILABLE ONLY FROM IMITREX

IMITREX Tablets were created specifically for the acute treatment of migraine attacks. They not only relieve the pain but also the nausea and sensitivity to light that often accompany migraine. What's more, this unique prescription medicine, containing sumatriptan succinate, is effective even if you take it when your migraine is at its worst.

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IMITREX Tablets have been prescribed for millions of migraine attacks in the U.S. and worldwide.[1]

IS IMITREX RIGHT FOR YOU?

IMITREX is appropriate for many migraine sufferers, but only your doctor or other healthcare provider can decide if IMITREX is right for you. You should not take IMITREX if you have certain types of heart disease, blood pressure that is uncontrolled, or are allergic to this medication. If you have risk factors for heart disease, such as high blood pressure, high cholesterol, diabetes, or are a smoker, you need to be evaluated by your doctor before taking IMITREX. Very rarely, people with undiagnosed heart disease have had serious heart-related problems when taking IMITREX.

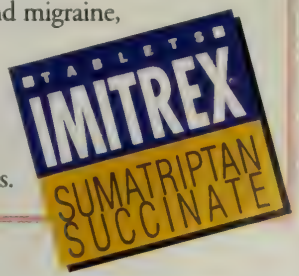
If you are pregnant, nursing, or thinking about becoming pregnant, talk to your doctor. If your headaches are not migraines, IMITREX is not for you.

The most frequently seen side effects are tingling and nasal discomfort.

1. Source: Physician Drug and Diagnostic Audit (PDDA). August 1995 - July 1996. Scott-Levin, a subsidiary of PMSI

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Please see the important information on the following page.

GlaxoWellcome

BRIEF SUMMARY

IMITREX® (sumatriptan succinate) Tablets

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: Because of rare reports of coronary vasospasm, IMITREX Tablets should not be given to patients with ischemic heart disease (angina pectoris, history of myocardial infarction, or documented silent ischemia) or to patients with Prinzmetal's angina. Also, patients with symptoms or signs consistent with ischemic heart disease should not receive IMITREX Tablets. Because IMITREX Tablets can give rise to increases in blood pressure (usually small), they should not be given to patients with uncontrolled hypertension.

Concurrent administration of monoamine oxidase (MAO) inhibitors or use within 2 weeks of discontinuation of MAO inhibitor therapy is contraindicated (see CLINICAL PHARMACOLOGY: Drug Interactions in full prescribing information and PRECAUTIONS: Drug Interactions).

IMITREX Tablets should not be used within 24 hours of an ergotamine-containing or ergot-type medication like dihydroergotamine or methysergide.

IMITREX Tablets are contraindicated in patients with hypersensitivity to sumatriptan or any of the ingredients.

WARNINGS: IMITREX Tablets should only be used where a clear diagnosis of migraine has been established.

IMITREX Tablets should not be administered to patients with basilar or hemiplegic migraine.

Hypersensitivity (anaphylaxis/anaphylactoid) reactions have occurred on rare occasions in patients receiving sumatriptan. Such reactions can be life threatening or fatal. In general, hypersensitivity reactions to drugs are more likely to occur in individuals with a history of sensitivity to multiple allergens.

Cardiac Events/Coronary Constriction: Serious coronary events, including some that have been fatal, following IMITREX Tablets have occurred but are extremely rare. Although it is not clear how many of these can be attributed to IMITREX, because of their potential to cause coronary vasospasm, IMITREX Tablets should not be given to patients in whom unrecognized coronary artery disease (CAD) is likely without a prior evaluation for underlying cardiovascular disease. Such patients include postmenopausal women, males over 40, and patients with other risk factors for CAD such as hypertension, hypercholesterolemia, obesity, diabetes, smokers, and strong family history. Following a satisfactory cardiovascular assessment, it is recommended that the first dose of IMITREX Tablets be given in the physician's office for patients with underlying risk factors for CAD unless these patients have previously received sumatriptan. If symptoms consistent with angina occur, electrocardiographic (ECG) evaluation should be carried out to look for ischemic changes.

Sumatriptan may cause coronary vasospasm in patients with a history of CAD, who are known to be more susceptible than others to coronary artery vasospasm, and, rarely, in patients without prior history suggestive of CAD. Of 6,348 patients in clinical trials of oral sumatriptan, two experienced clinical adverse events shortly after receiving oral sumatriptan that may have reflected coronary vasospasm. Neither of these adverse events was associated with a serious clinical outcome.

There have been rare reports from countries where IMITREX Tablets are already on the market of serious adverse events, including myocardial infarction, ECG changes suggestive of myocardial ischemia, and symptoms consistent with angina pectoris.

Drug-Associated Fatalities: In extensive worldwide postmarketing experience, deaths have been reported following the use of IMITREX Tablets. In most cases, the deaths occurring after treatment with IMITREX Tablets occurred well after sumatriptan use (i.e., 3 or more hours postdose) and probably reflect underlying disease and spontaneous events.

There have, however, been several fatalities that occurred within a few hours after the use of sumatriptan. The specific contribution of sumatriptan to most of these deaths cannot be determined, but in one case with IMITREX® (sumatriptan succinate) Injection, a 41-year-old woman with a 6-day history of unilateral headache, uncertain history of cardiovascular disease with known risk factors (positive family history, postmenopausal woman, and smoking) and a history of asthma and codeine allergy, experienced nausea, vomiting, a sense of warmth, chest pressure, and sweating within 7 minutes of dosing. This was followed by hypotension at about one-half hour, and ventricular tachycardia/ventricular fibrillation leading to death. In most other cases, death was attributed to myocardial infarctions occurring hours after drug administration.

Deaths attributed to strokes, cerebral hemorrhage, and other cerebrovascular events have also been reported in patients treated with oral and subcutaneous sumatriptan. In many cases, it appears possible that the cerebrovascular events were primary, sumatriptan having been administered in the incorrect belief that the symptoms experienced were migrainous in origin when they were not. Accordingly, it is important to advise patients not to administer sumatriptan if a headache being experienced is atypical.

Use in Women of Childbearing Potential: (see PRECAUTIONS).

PRECAUTIONS:

General: Atypical sensations over the precordium (tightness, pressure, heaviness) have been reported after IMITREX Tablets, but have only rarely been associated with ischemic ECG changes.

Sumatriptan may cause mild, transient elevation of blood pressure (see CLINICAL PHARMACOLOGY in full prescribing information).

IMITREX Tablets should also be administered with caution to patients with impaired hepatic function (see CLINICAL PHARMACOLOGY in full prescribing information and DOSAGE AND ADMINISTRATION).

There have been rare reports of seizure following administration of sumatriptan.

As with other acute migraine therapies, before treating headaches in patients not previously diagnosed as migraineurs and in migraineurs who present with atypical symptoms care should be taken to exclude other potentially serious neurological conditions. There have been rare reports where patients received sumatriptan for severe headaches that were subsequently shown to have been secondary to an evolving neurological lesion (cerebrovascular accident, subarachnoid hemorrhage). For a given attack, if a patient has no response to the first dose, the diagnosis of migraine should be reconsidered before administration of a second dose. In this regard, it should be noted that migraineurs may be at increased risk of certain cerebrovascular events (e.g., cerebrovascular accident, transient ischemic attack).

Binding to Melanin-Containing Tissues: Because sumatriptan binds to melanin, it could accumulate in melanin-rich tissues (such as the eye) over time. This raises the possibility that sumatriptan could cause toxicity in these tissues after extended use. However, no effects on the retina related to treatment with sumatriptan were noted in any of the toxicity studies. Although no systematic monitoring of ophthalmologic function was undertaken in clinical trials, and no specific recommendations for ophthalmologic monitoring are offered, prescribers should be aware of the possibility of long-term ophthalmologic effects (see CLINICAL PHARMACOLOGY in full prescribing information).

Corneal Opacities: Sumatriptan causes corneal opacities and deposits in the corneal epithelium in dogs, this raises the possibility that these changes may occur in humans. While patients were not systematically evaluated for these changes in clinical trials, and no specific recommendations for monitoring are offered, prescribers should be aware of the possibility of these changes (see CLINICAL PHARMACOLOGY in full prescribing information).

Information for Patients: See PATIENT INFORMATION at the end of the full prescribing information for the text of the separate leaflet provided for patients.

Laboratory Tests: No specific laboratory tests are recommended for monitoring patients prior to and/or after treatment with IMITREX Tablets.

Drug Interactions:

Note: The combined use of oral sumatriptan and MAO inhibitors is contraindicated (see CONTRAINDICATIONS).

There is no evidence that concomitant use of migraine prophylactic medications has any effect on the efficacy or unwanted effects of sumatriptan. In controlled trials, a retrospective analysis compared 199 patients who had been using IMITREX tablets and prophylactic drugs (calcium channel blockers, n=76, tricyclic antidepressants, n=43; beta blockers, n=70) to those who had not used prophylaxis (n=1,220). There were no differences in overall adverse event rates between the two groups.

Ergot-containing drugs have been reported to cause prolonged vasospastic reactions. Because there is a theoretical basis that these effects may be additive, use of ergot-containing or ergot-type medications (like dihydroergotamine or methysergide) and sumatriptan within 24 hours of each other should be avoided (see CONTRAINDICATIONS).

Propranolol: Pretreatment with propranolol 80 mg twice daily for 7 days had no effect on the pharmacokinetics, blood pressure, or pulse rate of oral sumatriptan administered as a single 300-mg dose.

Alcohol: Alcohol consumed 30 minutes prior to sumatriptan ingestion had no effect on the pharmacokinetics of sumatriptan.

Drug/Laboratory Test Interactions: IMITREX Tablets are not known to interfere with commonly employed clinical laboratory tests.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In carcinogenicity studies, rats and mice were given sumatriptan by oral gavage (rats, 104 weeks) or in drinking water (mice, 78 weeks). Average exposures achieved in mice receiving the highest dose were approximately 40 times the exposure attained in humans after the maximum recommended single dose of 100 mg. The highest dose to rats was approximately 15 times the maximum single human dose of 100 mg on a mg/m^2 basis. There was no evidence of an increase in tumors in either species related to sumatriptan administration.

Sumatriptan was not mutagenic in the presence or absence of metabolic activation when tested in two gene mutation assays (the Ames test and the *in vitro* mammalian Chinese hamster V79/HGPRT assay). In two cytogenetics assays (the *in vitro* human lymphocyte assay and the *in vivo* rat micronucleus assay) sumatriptan was not associated with clastogenic activity.

In a study in which male and female rats were dosed daily with oral sumatriptan prior to and throughout the mating period, there was a treatment-related decrease in fertility secondary to a decrease in mating in animals treated with 50 and 500 mg/kg per day. The no-effect dose for this finding was approximately one-half of the maximum recommended single human dose of 100 mg on a mg/m^2 basis. It is not clear whether the problem is associated with treatment of the males or females or both combined.

Pregnancy: ***Pregnancy Category C:*** In reproductive toxicity studies in rats and rabbits, oral treatment with sumatriptan was associated with embryolethality, fetal abnormalities, and pup mortality. There is no evidence that establishes that sumatriptan is a human teratogen; however, there are no adequate and well-controlled studies in pregnant women. IMITREX Tablets should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. In assessing this information, the following findings should be considered.

Embryolethality: When given orally to pregnant rabbits daily throughout the period of organogenesis, sumatriptan caused embryolethality only at a dose that clearly resulted in maternal toxicity, 100 mg/kg per day. The no-effect dose for embryolethality was 50 mg/kg per day, which is approximately nine times the maximum single human dose of 100 mg on a mg/m^2 basis.

Teratogenicity: A study in which rats were dosed daily with oral sumatriptan prior to and throughout gestation demonstrated fetal toxicity and a small increased incidence of a syndrome of malformations (short tail/short body and vertebral disorganization) after long-term treatment with 500 mg/kg per day. The no-effect dose for this effect was 50 mg/kg per day, approximately five times the maximum single human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in an increased incidence of blood vessel abnormalities (cervicothoracic and umbilical) at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this was approximately 60 mg/kg per day, approximately six times the maximum single human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rabbits with sumatriptan during the period of organogenesis resulted in an increased incidence of cervicothoracic vascular and skeletal abnormalities. The highest no-effect dose established for these effects was 15 mg/kg per day, approximately three times the human dose of 100 mg on a mg/m^2 basis.

To monitor fetal outcomes of pregnant women exposed to IMITREX, Glaxo Wellcome Inc. maintains a Sumatriptan Pregnancy Registry. Physicians are encouraged to register patients by calling (800) 722-9292, ext. 39441.

Pup Deaths: Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in a decrease in pup survival between birth and postnatal day 4 at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this effect was approximately 60 mg/kg per day, or six times the human dose of 100 mg on a mg/m^2 basis.

Oral treatment of pregnant rats with sumatriptan from gestational day 17 through postnatal day 21 demonstrated a decrease in pup survival measured at postnatal days 2, 4, and 20 at the dose of 1,000 mg/kg per day. The no-effect dose for this finding was 100 mg/kg per day, approximately 10 times the human dose of 100 mg on a mg/m^2 basis.

Nursing Mothers: Sumatriptan is excreted in human breast milk. Therefore, caution should be exercised when considering the administration of IMITREX Tablets to nursing women.

Pediatric Use: Safety and effectiveness of IMITREX Tablets in pediatric patients have not been established.

Use in the Elderly: The safety and effectiveness of IMITREX Tablets in individuals over age 65 have not been systematically evaluated, but the pharmacokinetic disposition of IMITREX Tablets in the elderly is similar to that seen in younger adults.

ADVERSE REACTIONS: (see also PRECAUTIONS). Sumatriptan may cause coronary vasospasm in patients with a history of CAD, known to be susceptible to coronary artery vasospasm, and, very rarely, without prior history suggestive of CAD.

There have been rare reports from countries in which IMITREX Tablets have been marketed of serious and/or life-threatening arrhythmias including atrial fibrillation, ventricular fibrillation, ventricular tachycardia; myocardial infarction; ECG changes suggestive of myocardial ischemia; and symptoms consistent with angina pectoris after oral sumatriptan. Chest discomfort, when it occurs, is usually noncardiac in origin.

Other untoward clinical events associated with the use of IMITREX Tablets are: warm/hot sensations, tingling/paresthesia, pressure sensations, flushing, sensations of heaviness, chest symptoms (tightness and sensations of heaviness), dizziness/vertigo, bad taste in mouth, weakness, myalgias, neck stiffness; all these untoward effects are transient, although they may be severe in occasional patients.

Incidence in Controlled Clinical Trials: The following table lists adverse events that occurred in two large US placebo-controlled clinical trials. Only events that occurred at a frequency of 1% or more in the IMITREX Tablets 100-mg group and that occurred more frequently in that group than the placebo group are included in the following table.

Treatment-Emergent Adverse Events in Controlled US Clinical Trials Reported by at Least 1% of Patients With Migraine*

Adverse Event Type	Percent of Patients Reporting			
	Placebo (n=112)	IMITREX 25 mg (n=114)	IMITREX 50 mg (n=108)	IMITREX 100 mg (n=112)
Atypical sensations				
Feeling of heaviness	<1	<1	<1	2
Feeling of tightness	0	<1	1	2
Pressure sensation	0	<1	2	2
Tingling	4	8	4	5
Warm/hot sensation	<1	2	3	3
Cardiovascular				
Flushing	<1	0	4	2
Palpitations	<1	0	<1	2
Ear, nose, and throat				
Discomfort: nasal	4	5	5	7
Eye				
Irritation of eye(s)	0	0	0	2
Visual disturbance	<1	0	<1	3
Musculoskeletal				
Weakness	0	2	<1	1
Neurological				
Agitation	0	0	0	2
Urogenital				
Dysuria	<1	0	0	1

* Events that occurred at a frequency of 1% or more in the IMITREX Tablets 10[illegible] group and that occurred more frequently in that group than the placebo group.

Other events that occurred at least as often on placebo as in the 100-mg group included abdominal discomfort, mouth or tongue discomfort, neck stiffness, anxiety, taste disturbance, nausea and/or vomiting, migraine, headache, dro[illegible]ness/sedation, dizziness/vertigo, and malaise/fatigue.

IMITREX Tablets are generally well tolerated. Across all doses, most adv[illegible] reactions are mild and transient and do not lead to long-lasting effects. The incid[illegible] of adverse events in controlled clinical trials was not affected by gender or age [illegible] patients. There was insufficient data to assess the impact of race on the incidenc[illegible] adverse events.

Other Events Observed in Association With Oral Sumatriptan: In the paragr[illegible] that follow, the frequencies of less commonly reported adverse clinical events presented. Because the reports cite events observed in open and uncontr[illegible] studies, the role of IMITREX Tablets in their causation cannot be reliably determi[illegible] Furthermore, variability associated with reporting requirements, the termino[illegible] used to describe adverse events, etc., limit the value of quantitative frequ[illegible] estimates provided.

Event frequencies are calculated as the number of patients reporting an e[illegible] divided by the total number of patients (n=6,348) exposed to oral sumatriptan reported events are included except those already listed in the previous table, t[illegible] too general to be informative, and those not reasonably associated with the use o[illegible] drug. Events are further classified within body system categories and enumerate[illegible] order of decreasing frequency using the following definitions: frequent adv[illegible] events are defined as those occurring in at least 1/100 patients; infrequent adv[illegible] events are those occurring in 1/100 to 1/1,000 patients; rare adverse events [illegible] those occurring in fewer than 1/1,000 patients.

Atypical Sensations: Frequent were burning sensation, numbness, paresthe[illegible] Infrequent was tight feeling in head. Rare were dysesthesia, hot and cold sensati[illegible]

Cardiovascular: Frequent were chest discomfort, chest pressure/heavin[illegible] chest tightness. Infrequent were arrhythmia, changes in ECG, hypertens[illegible] hypotension, pallor, pulsating sensations, tachycardia. Rare were angina, atheros[illegible] rosis, bradycardia, cerebral ischemia, cerebrovascular lesion, heart block, periph[illegible] cyanosis, thrombosis, transient myocardial ischemia, vasodilation.

Ear, Nose, and Throat: Frequent were throat symptoms. Infrequent were hear[illegible] disturbances, otalgia. Rare was feeling of fullness in the ear(s).

Endocrine and Metabolic: Infrequent was thirst. Rare were elevated thyrotro[illegible] stimulating hormone (TSH) levels, galactorrhea, hyperglycemia, hypoglycem[illegible] hypothyroidism, polydipsia, weight gain, weight loss.

Eye: Rare were disorders of sclera, mydriasis.

Gastrointestinal: Frequent were diarrhea, gastric symptoms. Infrequent w[illegible] constipation, dysphagia, gastroesophageal reflux. Rare were gastrointest[illegible] bleeding, hematemesis, melena, peptic ulcer.

Hematological Disorders: Rare was anemia.

Musculoskeletal: Frequent was myalgia. Infrequent was muscle cramps. R[illegible] was tetany.

Neurological: Frequent were phonophobia, photophobia. Infrequent w[illegible] confusion, depression, difficulty concentrating, disturbance of smell, dysarth[illegible] euphoria, facial pain, heat sensitivity, incoordination, lacrimation, monoplegia, sle[illegible] disturbance, shivering, syncope, tremor. Rare were aggressiveness, apathy, brady[illegible] gia, cluster headache, convulsions, decreased appetite, drug abuse, dysto[illegible] reaction, facial paralysis, hallucinations, hunger, hyperesthesia, hysteria, increas[illegible] alertness, memory disturbance, neuralgia, paralysis, personality change, phot[illegible] radiculopathy, rigidity, suicide, twitching.

Respiratory: Frequent was dyspnea. Infrequent was asthma. Rare w[illegible] hiccoughs.

Skin: Frequent was sweating. Infrequent were erythema, pruritus, rash, s[illegible] tenderness. Rare were dry/scaly skin, tightness of skin, wrinkling of skin.

Breasts: Infrequent was tenderness. Rare was nipple discharge.

Urogenital: Infrequent were dysmenorrhea, increased urination, intermenstru[illegible] bleeding. Rare were abortion, hematuria.

Miscellaneous: Frequent was hypersensitivity. Infrequent were cough, fever, flu[illegible] retention, overdose. Rare were edema, hematoma, lymphadenopathy, spee[illegible] disturbance, voice disturbances.

Postmarketing Experience: The following are spontaneously reported adver[illegible] events from postmarketing experience except those events already listed previous[illegible] in the ADVERSE REACTIONS section or those too general to be informative. Becau[illegible] the reports cite events reported spontaneously from worldwide postmarketi[illegible] experience, frequency of events and the role of IMITREX Tablets in their causati[illegible] cannot be reliably determined.

Episodes of acute renal failure, angioneurotic edema, cardiomyopath[illegible] cerebrovascular accident, cyanosis, deafness, death, disturbances of liver functio[illegible] tests, exacerbation of sunburn, hepatic impairment, intraocular disorders, ischem[illegible] optic neuropathy, pancytopenia, panic disorder, periorbital edema, photosensitivit[illegible] pulmonary embolism, retinal artery occlusion, shock, subarachnoid hemorrhag[illegible] temporal arteritis, thrombocytopenia, and xerostomia.

The following hypersensitivity reactions have been reported: rash, urticari[illegible] pruritus, erythema, and shortness of breath. In addition, severe anaphylaxi[illegible] anaphylactoid reactions have been reported (see WARNINGS).

DRUG ABUSE AND DEPENDENCE: The abuse potential of IMITREX Tablets cann[illegible] be fully delineated in advance of extensive marketing experience. One clinical stud[illegible] with IMITREX® (sumatriptan succinate) Injection enrolling 12 patients with a histor[illegible] of substance abuse failed to induce subjective behavior and/or physiologic respons[illegible] ordinarily associated with drugs that have an established potential for abuse.

OVERDOSAGE: Patients (n=670) have received single oral doses of 140 to 300 m[illegible] without significant adverse effects. Volunteers (n=174) have received single ora[illegible] doses of 140 to 400 mg without serious adverse events.

No gross overdoses in clinical practice have been reported. Coronary vasospasm was observed after intravenous administration of sumatriptan (see CONTRAINDICATIONS). Overdoses would be expected from animal data to possibly cause tremor, lethargy, erythema of the extremities, abnormal respiration, cyanosis, ataxia, mydriasis, and paralysis. The elimination half-life of sumatriptan is about 2.5 hours (see CLINICAL PHARMACOLOGY), and therefore monitoring of patients after overdose with IMITREX Tablets should continue for at least 10 hours or while symptoms or signs persist.

It is unknown what effect hemodialysis or peritoneal dialysis has on the serum concentrations of sumatriptan.

DOSAGE AND ADMINISTRATION: (See full prescribing information for complete dosage and administration information.) Hepatic disease/functional impairment may also cause unpredictable elevations in the bioavailability of orally administered sumatriptan. Consequently, if treatment is deemed advisable in the presence of liver disease, the maximum single dose should in general not exceed 50 mg (see CLINICAL PHARMACOLOGY in full prescribing information for the basis of this recommendation).

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Shown smaller than actual size of 10½" head to toe. Adirondack-style chair, wooden bowl, faux cherries and blossoms included.

Complex Carbohydrates



They're the best thing since sliced bread

by Diane Quagliani, R.D.

What do crusty bread, crunchy cornflakes, creamy risotto, and hot cooked pasta have in common?

You're correct if you said these foods are all made from grains. You get a gold star if you said these foods are packed with complex carbohydrates, which, according to health experts, are the foundation of a healthful diet.

Unfortunately, many Americans aren't reaping the benefits of complex carbohydrates. The Food Guide Pyramid (United States Department of Agriculture's triangular diagram of the five food groups, which helps consumers build a healthful diet) recommends six to 11 daily servings of grains such as bread, cereal, rice, and pasta—foods that are among the richest sources of complex carbohydrates. Yet, we average only four to five daily servings, at best a full serving short of even the minimum number recommended.

A recent government survey offered a possible explanation for this shortfall. It revealed that only one in three adults thinks it's "very important" to eat plenty of complex carbohydrate-rich grains. Perhaps complex carbohydrates are the Rodney Dangerfield of the nutrition world: They get no respect for their importance in a healthful diet because most people aren't aware of their benefits, or just how easy it is to eat enough of them. It's time to take an enlightened look at complex carbohydrates.

Carbohydrates Aren't Complicated

Carbohydrates come in two types—simple and complex—both built from units of sugar. Simple carbohydrates are made from one or two sugar units and are found naturally in fruits, vegetables, and milk, and in sweets such as table sugar, hard candy, and soft drinks. Complex carbohydrates are assembled from many sugar units strung together like beads on a necklace. They are plentiful in grains (bread, cereal, rice, and pasta), starchy vegetables (potatoes, corn, and peas), and legumes (dried beans, peas, and lentils).

The body converts both simple and complex carbohydrates into glucose (blood sugar) to use for energy, but it can't tell the difference between glucose supplied by a pile of jelly beans and that supplied by a plateful of pasta. Complex carbohydrates hold the nutrition advantage over their sugary cousins because these foods are packed with vitamins, minerals, and fiber. Because they're naturally low in fat, eating them in place of higher-fat foods helps you achieve the high-carbohydrate, low-fat diet that promotes good health and protects against disease. In addition, a gram of carbohydrates has four calories compared to nine calories in a gram of fat, so eating more carbohydrates and less fat can help you shed pounds when portion sizes and total calories are under control.

Not all the carbohydrates you eat must be complex. The American Dietetic Association recommends that 55 to 60 percent of total daily calories come from both simple and complex carbohydrates. This includes the simple carbohydrates found in nutrition-packed fruits, vegetables, and milk, and allows a bit of room for higher-fat, higher-calorie sweet treats, too. But most of your carbohydrates should be the complex type.

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You don't have to sacrifice taste to eat better with cholesterol free, fat free Second Nature® Eggs™. Made from real eggs, they're a delicious way to enjoy omelets, french toast, desserts or most any recipe that calls for eggs. Now eating better is Second Nature®.

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Complex Carbohydrates

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Getting Your Daily Bread

Eating six to 11 daily servings from the Pyramid Bread Group may seem an impossible feat. But the serving sizes are actually quite modest, so it's easier than you think. The number of servings you need is based on your average daily caloric intake. Sedentary women and some older adults require about 1,600 calories; most children, teenage girls, active women, and many sedentary men

Daily Calories	Bread Group Servings
1,600	6
1,800	7
2,000	8
2,200	9
2,500	10
2,800	11

need around 2,200 calories; pregnant or lactating women may need somewhat more than 2,200. Teenage boys, many active men, and some very active women require 2,800 calories each day.

One serving equals one slice bread, one ounce ready-to-eat cereal, or ½ cup cooked cereal, rice, or pasta.

For example, if you eat 2,200 calories a day, include nine Bread Group servings. Nine servings are easily met by eating ¾ cup bran flakes and a slice of toast at breakfast (two servings), a sandwich at lunch (two servings), a small bag of pretzels as an afternoon snack (one serving), a cup of pasta and a roll at dinner (three servings), and an evening snack of three small crackers (one serving).

New Concerns About Carbohydrates?

For years, nutrition experts have urged us to eat a diet high in carbohydrates. But recent reports and some current nutrition books linking these foods to obesity and diabetes may have you confused. Here is some clarification from leading experts.

The obesity issue: A few popular diet books speculate that a high-carbohydrate diet leads to weight gain in people who are insulin resistant, a condition where insulin levels rise high because insulin can't efficiently do its job of storing glucose in the body's cells. The theory is that carbohydrates trigger these high insulin levels, which encourage the production of body fat.

The question: Should you ban bread and pasta from your diet to avoid obesity?

The answer: It's true that carbohydrates can drive up insulin levels in insulin-resistant people, who are often obese. But, "No solid scientific data shows that eating carbohydrates causes weight gain. Eating too many calories of any type is what causes weight gain," says Dr. James O. Hill, an obesity researcher at the University of Colorado Health Sciences Center. "We do know, however, that losing weight improves insulin resistance in obese people," says Hill, "and effective ways to lose weight are to eat a high-carbohydrate, low-fat diet that provides fewer calories than your body needs, and to be more active."

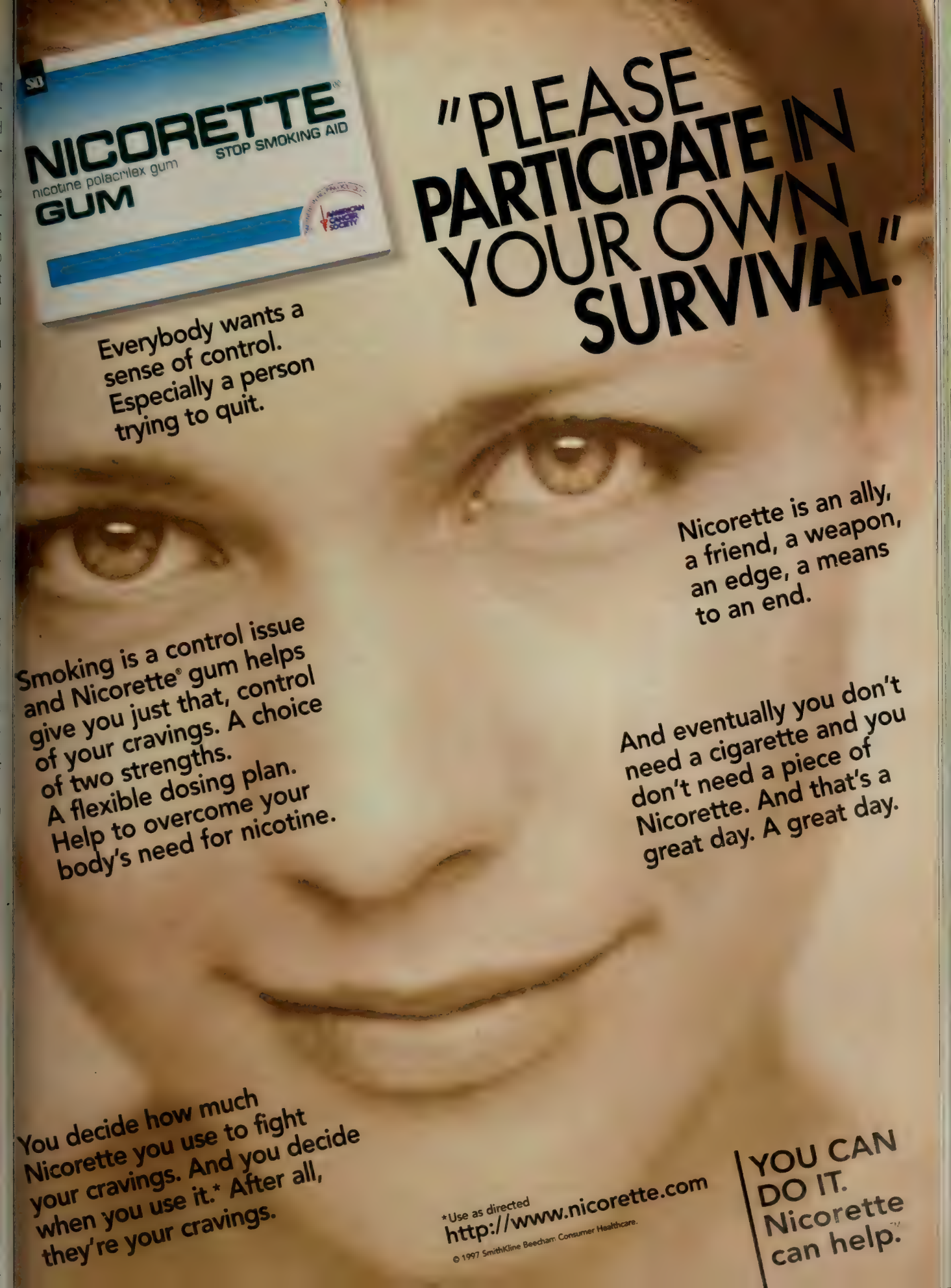
The diabetes issue: A recent Harvard University study looked at the incidence of adult-onset diabetes among middle-aged women. Results showed that women who ate many refined carbohydrates, such as white bread, white rice, and mashed potatoes (carbohydrates that can quickly raise blood sugar levels), and little cereal fiber had a 2½ times greater risk of developing diabetes than women who ate few refined carbohydrates and lots of cereal fiber.

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LOADING UP ON COMPLEX CARBOS

The keys to building a healthful diet based on complex carbohydrates include: choosing low-fat varieties whenever possible and keeping portion sizes reasonable. These tips offer easy (and delicious) ways to meet your complex carbohydrate quota:

- Eat breakfast. Cereal, bagels, toast, and English muffins jump-start your day.
- Snack on low-fat munchies such as pretzels, light popcorn, baked tortilla chips, crackers, and flavored rice cakes.
- Treat your taste buds to a new grain. Couscous, barley, and bulgur are tasty, quick-cooking alternatives to the usual potatoes or rice.
- Dig into a grain-rich salad, such as bulgur-based Middle Eastern tabbouleh or the Italian bread salad panzanella. Or, toss an extra handful of crunchy croutons or cooked wheat berries onto your tossed green salad.
- Boost fiber by making at least three of your daily Bread Group servings whole grains, such as whole wheat bread, bran cereal, and brown rice.
- Enjoy starchy vegetables and legumes. Lightly dressed potato salad or pasta salad, corn on the cob with a squeeze of lime, and smoky baked beans are perfect ways to get your complex carbohydrates during summer get-togethers.


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YOU CAN DO IT. Nicorette can help.™



Complex Carbohydrates

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The question: Should you give up white bread, white rice, and potatoes to reduce risk of diabetes?

The answer: According to Dr. Edward S. Horton, director of clinical research at the Joslin Diabetes Center in Boston, these three foods are certainly part of a healthful diet. Although the Harvard study suggests a link between eating refined carbohydrates and increased risk of diabetes, Dr. Horton advises that more research is needed to understand how these findings relate to known diabetes risk factors such as obesity and physical inactivity. "To reduce the risk of diabetes, avoid obesity and stay active."

The bottom line: Stay tuned as research on carbohydrates unfolds, and "Follow the Food Guide Pyramid's recommendations to eat lots of grains, fruits, and vegetables," says registered dietitian Christine Beebe, president-elect of health care and education for the American Diabetes Association.

—Diane Quagliani, R.D., is a Chicago-based nutrition writer who eats eight to nine Bread Group servings a day, with pasta being a personal favorite.

FIGURING IN FIBER

Fiber is a type of complex carbohydrate your body can't digest or absorb, so it passes through your digestive tract without adding calories or nutrients to your diet. Eating enough fiber pays big benefits by keeping your system regular and helping protect against heart disease and some cancers. The National Cancer Institute recommends 20 to 35 grams of fiber each day, but most people average only about 11 grams. Fiber is plentiful in whole grains, legumes, vegetables, and fruits. Here are some top choices for boosting your fiber intake.

	Serving Size	Fiber (grams)
All-Bran cereal	½ cup	10
Spaghetti, whole wheat, cooked	1 cup	6
Bran flakes cereal	¾ cup	5
Potato, baked with skin	1 medium	5
Figs, dried	2	4
Lentils, cooked	½ cup	4
Oatmeal, cooked	¾ cup	3
Broccoli, cooked	½ cup	3
Peas, green	½ cup	3
Spinach, cooked	½ cup	3
Apple, with skin	1 medium	3
Banana	1 medium	3
Orange	1 medium	3
Strawberries	1 cup	3
Bread, whole wheat	1 slice	2
Brown rice, cooked	½ cup	2

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Used Motor Oil: Pour Choices

Changing your family car's motor oil is necessary about every 3,000 miles for the engine to have a long, happy life. Since you want a clean, healthy environment, too, take the time to properly dispose of the dirty oil.

The Environmental Protection Agency estimates that more than 200 million gallons of used motor oil are poured annually down drains, into gutters, and onto the ground. This is illegal because of the threat to the water supply. It takes only 1 gallon of oil—the amount of a typical oil change—to foul 1 million gallons of fresh water.

Don't the culprits know that dirty oil is as good as new when it is cleaned up? Plus, there's incredible resource conservation with recycling: It takes only 1 gallon of used oil to obtain 2½ quarts of re-refined oil, but it requires 42 gallons of crude oil to make 2½ quarts of new oil.

Recycling is the easy solution. More than 11,000 gas stations and auto service centers accept used oil in small quantities. Also, many communities now have curbside pickup for the black goo as part of their recycling programs. Check with local agencies to ascertain how this is handled where you live. Then buy clean, recycled motor oil to encourage the process.

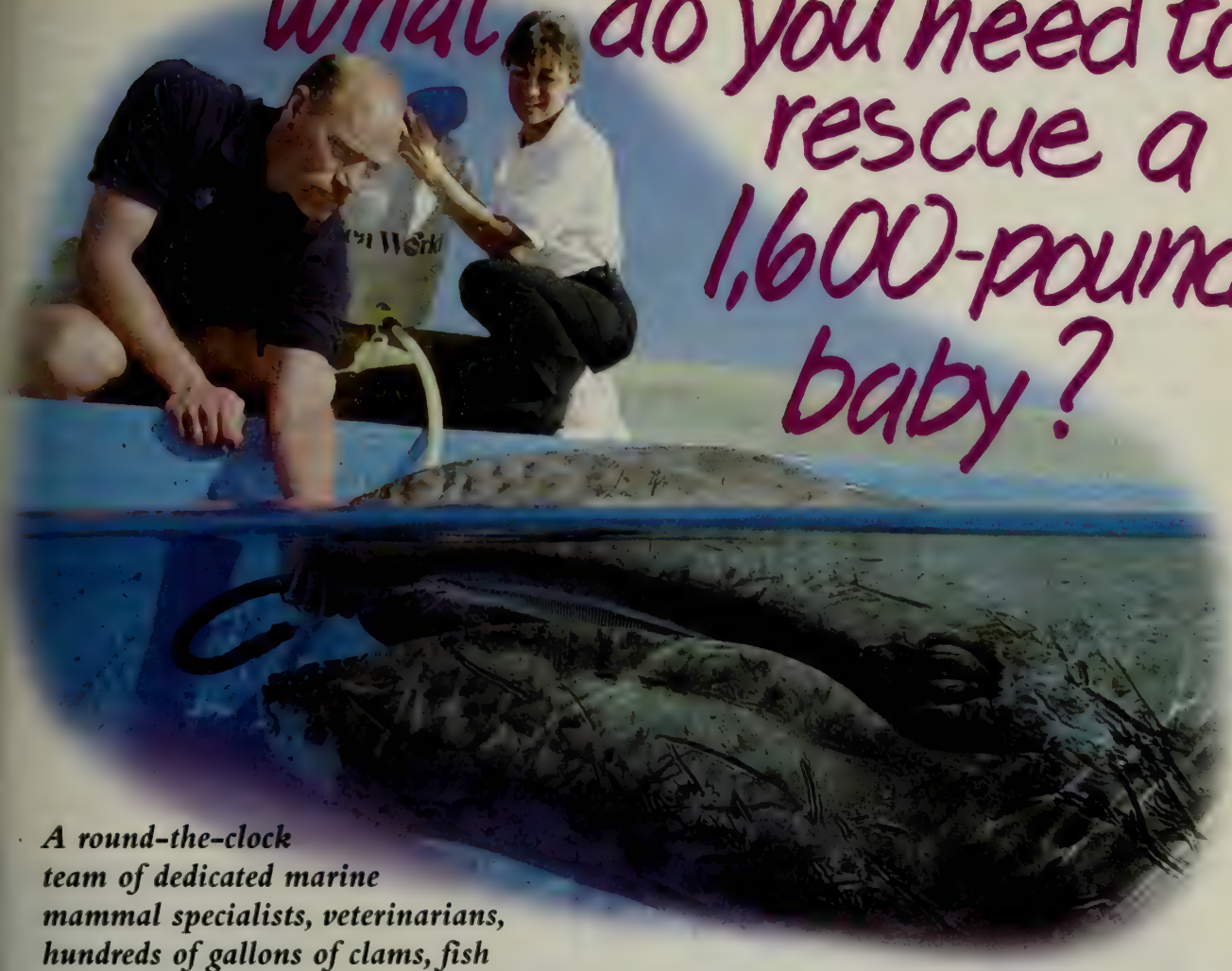
ASBESTOS: BETTER LEFT UNDISTURBED

Asbestos was once a common ingredient in building materials. Though now banned, this fibrous, cancer-causing mineral is still present in many homes built from 1940 to 1978.

Because asbestos acts as a binder and fire barrier, it was useful for shingles, siding, flooring, acoustical ceiling sprays, and insulation. Unfortunately, microscopic asbestos fibers flake, become airborne, lodge in the lungs of people who breathe them in, and can eventually produce lung cancer.

If testing by professionals reveals asbestos in your home, removing the material may only stir up dangerous dust. Instead, asbestos can usually be encapsulated in some way with panels or sealants so the asbestos cannot break free into the air.

What do you need to rescue a 1,600-pound baby?



A round-the-clock team of dedicated marine mammal specialists, veterinarians, hundreds of gallons of clams, fish and cream and a really big pool.

When they saw her thrashing in the shallows off the California coast, everyone knew this baby gray whale was in trouble. Just a few days old, with her umbilical cord still attached, she had somehow lost her mother, and almost any chance of survival. Sea World volunteered to help. When she arrived at Sea World in San Diego, she was nearly comatose, dehydrated, yet still clinging to life. Rescue team members lowered the baby gray whale into a 120,000-gallon pool and gave the whale just what she needed... antibiotics, special fluids, and lots of tender loving care. For hours, she barely moved. Then, at long last, she opened her eyes and began to breathe normally.



A real-life drama.

It's been a few months now, and this big baby is beating the odds. They call her J.J. She has been growing at a remarkable rate, gaining more than a pound an hour on average. With lots of special care and a little luck, J.J. will be swimming on her own along the California coast next winter.

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This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips.

Keep tongs together

You can slip your long-handled tongs into an empty paper towel tube to keep them from spreading apart. It will save space in your utensil drawer and make the tongs much easier to find.

Marion Bledsoe
Port St. Lucie, Fla.

An ounce of prevention

Did you know you can use five quarters and a ruler as a rough postal scale? Just lay a pencil on a flat surface and place a 12-inch ruler across the pencil, centering it on the 6-inch mark. Then stack five quarters on the 3-inch mark and center the letter on the 9-inch mark. If the letter outweighs the quarters, you'll need to add more postage. (The secret: five quarters weigh exactly 1 ounce—the same as the maximum weight of a first-class letter mailed with a single 32-cent stamp.)

D.F. O'Donnell
New Bern, N.C.

Direct that drip

If you discover an under-the-counter drip but don't have time to fix it right away, you can prevent water from pooling with a piece of string. Tie one end of the string to the pipe where the drip forms and let the other end dangle into a cup. Drops of water will follow the string.

Mary Gautz
Morenci, Mich.

On the level

Use a glass measuring cup to determine whether a surface is flat. Add water to the measuring cup, then use the graduated lines as a gauge.

Ann Marie Middleton
Bay City, Mich.

Lint-free window wash

Use coffee filters to wash windows. They don't leave any lint behind.

Shirley Schoene
St. Charles, Mo.

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Crafty wallpaper paste

When working on large craft projects, try using wallpaper paste instead of glue. It's less expensive, can be mixed to any consistency you choose, and dries clear. It works on lace, batting, and fabric.

Carol Lennox
Rochester, N.Y.

Slip stopper (part 1)

To keep a wooden or plastic cutting board from slipping on the countertop during use, place a damp dish towel underneath.

Myra Blake
Somerville, Texas

Slip stopper (part two)

Place peel-'n'-stick bathroom tub appliqués under your washing machine to keep it from rocking out of place.

Debra Eversole
Brooklyn, Mich.

Step-by-step painting

Next time you paint stairs, try painting every other tread. You'll be able to use the unpainted steps while you wait for the others to dry.

Patrice Wagner
St. Louis, Mo.

Tighten that knob

You can fix a loose knob on a cabinet or dresser drawer by removing it, dipping the screw in clear fingernail polish, and then reattaching the knob. When the nail polish dries, the screw will set.

Howard Wiener
Spring Hill, Fla.

Keep paintbrushes soft

When cleaning a natural-fiber paintbrush, use a solution of water and laundry softener. Dry the brush with a paper towel.

Norma A. Evans
Bremerton, Wash.

Picture-perfect shutters

If you can't decide what color to paint your shutters, try this trick to help you visualize new possibilities. First, photograph your home's exterior. When you get the pictures back, cut out the shutters with a utility knife. Now take the "shutterless" photo to the paint store and lay it on color samples until you find the color you like.

Jolene Kisthart
Seaford, N.Y.

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The delightful settee and chair duo will complement any outdoor setting. Our **Arched Back Settee and Chair Plan (C)** gives you the instructions to make both projects. The settee measures about 82 inches long; the chair measures about 30 inches wide. Both projects are about 36 inches tall at the top of the back and measure about 24 inches from front to back.

Our **Elegant Arbor Plan (D)** allows you to make a structure that will take center stage in any landscape. The plan contains all the information you need to make this 82-inch-tall arbor. The opening is about 42 inches, and the front to back measurement is about 36 inches. The arbor disassembles easily for wintertime storage.

All four plans are professionally drawn blueprints including complete lists of materials, full-size cutting diagrams where appropriate, detailed construction diagrams, and clearly written instructions to take you step-by-step through the projects. One plan costs $12.95; additional plans are $11.00 each. Prices include shipping, handling, and applicable sales tax.

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Elegant Arbor

by Christina Farnsworth

Just as a room divider defines indoor spaces, this elegant arbor defines and divides quiet garden and lively swimming pool areas.



The structure was given some design flair with simple, sweeping cuts that notched the ends of the upper members.

English garden benches with understated Oriental designs provide places to sit in soothing shade while contemplating the quiet garden.



Hap and Libby Schultz love Victorian style and have filled their Atlanta, Georgia, home with antiques. They also love the outdoors and entertaining. So they readily agreed when landscape architect Robert Docking suggested an arbor to divide their peaceful garden area from the more active backyard pool and terrace. Now they have an intimate resting place that neatly sets boundaries for other outdoor living areas.

This arbor is no Victorian whimsy, but rather a substantial low-maintenance structure that matches the color and style of their home. Hap used a deep-penetrating stain that resists peeling and chipping. "The arbor is stained to have a weathered look," Libby says.

The arbor was built with 6×6-inch cedar posts set firmly in concrete. Cedar was a good choice because it can withstand rain and resist mildew and rot. "You have only four posts to hold up the structure, so you shouldn't use a lightweight post," says Docking.

The remainder of the structure is made of equally sturdy 2×12-inch cedar planks. The floor is weathered brick set in a basket-weave pattern, which adds an appealing character and feeling of permanence to the arbor. The brick pattern continues along the garden pathway.

Wisteria gracefully drapes and shades the space. Other Victorian-era plants near the arbor include lilac, crepe myrtle, and hydrangea. Rudbeckia, veronica, salvia, pink coneflowers, impatiens, and begonias add plenty of color.

Always charming, arbors create gateways between various sections of backyards; provide backdrops for garden plantings; help establish views toward special landscape features; and give your guests a pleasant place to sit.



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Creating mood *in the* garden

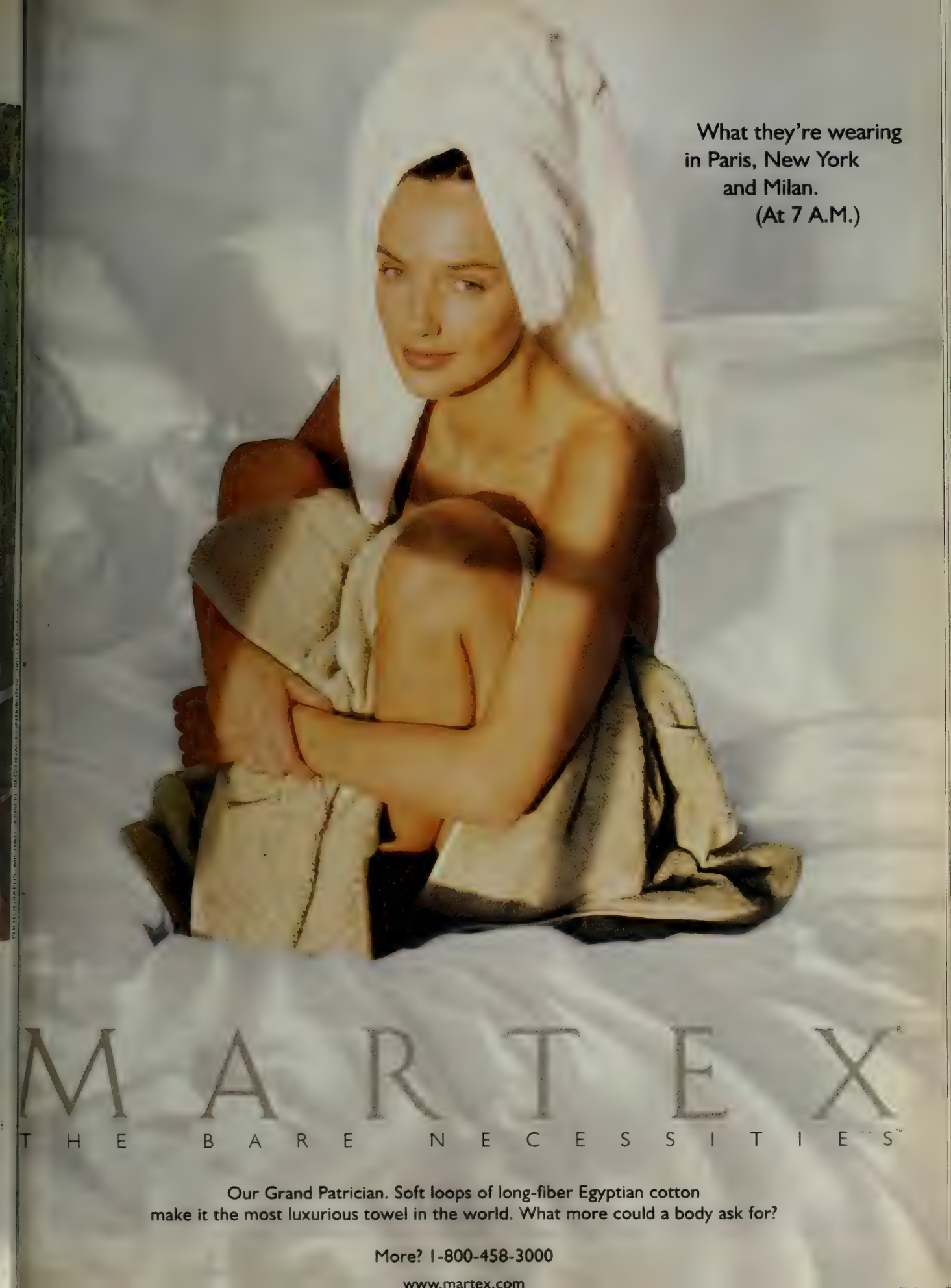
PHOTOGRAPHS MICHAEL JENSEN REGIONAL CONTRIBUTOR TRISH MAHARAM

by Craig Summers Black

Sometimes a garden is more than merely attractive.

Sometimes it has more than just personality. Sometimes a garden has an aura—a shimmering presence that strikes an evocative chord within. Gardeners can construct emotional launchpads with quiet touches and broad strokes alike. Here is how one Seattle landscaper enhances mood and feeling in his own backyard—and how you can do the same.

continued on page 104


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Keith Geller's garden feels secluded and restorative. "I like that enclosed type of feeling," he says. "There's a lot of intimacy in this garden." His landscape is one of garden rooms, where views are filtered, even obstructed. A destination is only hinted at, its access even less so. Plantings are rich, lush, loose.

continued on page 106



TEXTURE

The fabric of a garden is woven not only by the plants and their arrangement, but also by hard surfaces and furniture. Just as flowering plants can have a decided mix of visual and tactile surfaces, so can something as "two-dimensional" as a brick patio. Here, the composition is enriched by the interplay of recycled red bricks, large pavers, cut granite, and—in the odd space—river rock. Mats of cushy green baby's tears spill out of many crevices. And a purple Adirondack? Why not?





You grew it before, you can grow it again.

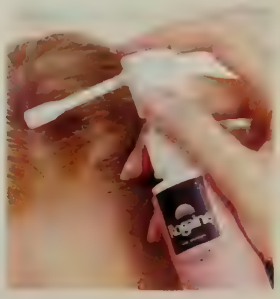
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As summer progresses in Keith's perennial garden, the plantings reach up as if to embrace the bird-bath, a focal point. Cape fuchsias (*Phygelius* Yellow Trumpet and *P.* African Queen) and anchusa part just enough to provide a glimpse of terra-cotta, while a rugosa rose and a smokebush complete a backdrop.



THEMATIC STRENGTH

Warm red-brown tones are repeated throughout this multi-faceted garden, from footing to pottery and beyond. Views are curtained off or shielded, here by shrubbery below and there by layers of canopy above. Each garden room has a separate identity: a woodland garden, a perennial planting, a place for dining and conversation, another for seclusion and quiet. And there are nooks and crannies reserved for avian visitors as well, be they feathered or be they painted.

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Caplets

Non-steroidal anti-inflammatory drug
For oral use in dogs only

CAUTION: Federal law restricts this drug to use by or on the order of a licensed veterinarian.

DESCRIPTION: Rimadyl (carprofen) is a non-steroidal anti-inflammatory drug (NSAID) of the propionic acid class that includes ibuprofen, naproxen, and ketoprofen.

INDICATIONS: Rimadyl is indicated for the relief of pa and inflammation in dogs. Rimadyl was shown to be clinically effective for the relief of signs associated with osteoarthritis in dogs.

DOSAGE AND ADMINISTRATION: The recommended dosage for oral administration to dogs is 1 mg/lb of bo weight twice daily. Caplets are scored and dosage should be calculated in half-caplet increments.

CONTRAINDICATIONS: There are no known contra-indications to this drug when used as directed. Rimadyl should not be used in dogs exhibiting previou hypersensitivity to carprofen.

PRECAUTIONS: The safe use of Rimadyl in pregnant dogs, dogs used for breeding purposes, or in lactating bitches has not been established. Studies to determin the activity of Rimadyl when administered concomitantly with other protein-bound drugs have not been conducted. Drug compatibility should be monitored closely in patients requiring additional therapy.

As a class, cyclo-oxygenase inhibitory NSAIDs may be associated with gastrointestinal and renal toxicity. Sensitivity to drug-associated adverse effects varies with the individual patient. Patients at greatest risk for renal toxicity are those on concomitant diuretic therapy, or those with renal, cardiovascular, and/or hepatic dysfunction. Since many NSAIDs possess the potential to induce gastrointestinal ulceration, concomitant use of Rimadyl with other anti-inflammatory drugs, such as corticosteroids and NSAIDs, should be avoided or very closely monitored.

Rimadyl treatment was not associated with renal toxicity or gastrointestinal ulceration in safety studie of up to ten times the dose in dogs.

Rimadyl is not recommended for use in dogs with bleeding disorders (e.g., Von Willebrand's Disease), as safety has not been established in dogs with these disorders.

WARNINGS: Keep out of reach of children. Not for human use. Consult a physician in cases of accidental ingestion by humans. **For use in dogs only.** Do not use in cats.

The material safety data sheet (MSDS) contains more detailed occupational safety information. To report adverse reactions in users or to obtain a copy of the MSDS for this product call 1-800-366-5288.

ADVERSE REACTIONS: During investigational studies, no clinically significant adverse reactions were reported. Some clinical signs were observed during field studies which were similar for carprofen- and placebo-treated (control) dogs. Incidences of the following were observed in both groups: vomiting (4%), diarrhea (4%), changes in appetite (3%), lethargy (1.4%), behavioral changes (1%), and constipation (0.3%). The product vehicle served as the control.

STORAGE: Store at controlled room temperature 15°–30°C (59°–86°F).

HOW SUPPLIED: Rimadyl caplets are scored, and contain 25 mg, 75 mg, or 100 mg of carprofen per caplet. Each caplet size is packaged in bottles containing 100 or 250 caplets.

TAKE TIME OBSERVE LABEL DIRECTIONS

Distributed by
Pfizer **Animal Health**
Exton, PA 19341, USA
Div. of Pfizer Inc
NY, NY 10017

NADA #141-053, Approved by FDA



f arthritis pain took your dog out of the picture, where would you be,

BESIDES A LITTLE LOST?

ou've always enjoyed those long walks with your best friend. Problem is, joint pain and inflammation can sometimes ake it difficult for him to lead the way. That's why it's important to recognize the early signs of osteoarthritis, and hat to do when they appear. In mild cases, you'll notice stiffness and difficulty rising, walking and climbing stairs. s osteoarthritis becomes more severe, your dog won't act like himself. He'll resist your touch, he'll whimper and e'll limp. If you notice any of these signs, see your veterinarian. And when you discuss treatment, ask about Rimadyl® arprofen) caplets, a new pain reliever that can help a dog suffering om arthritis. So you and your family can continue to enjoy all those ng walks he takes you on. For more information, call 1-800-720-DOGS, r visit our web site at www.pfizer.com/ah.

brief summary on adjacent page for important information.



Pfizer Animal Health



You see, Laura's discovered the secret to weed-free gardening. It's not that she doesn't enjoy weeding, it's just that – well, okay, she just doesn't enjoy weeding.

Which is why this year, Laura's using **Preen**®, America's best-selling flower and garden weed preventer. **Preen** actually prevents weeds from growing around over 180 bulbs, flowers, roses, shrubs, trees and vegetables – ***guaranteed***, or your money back. And **Preen 'n Green**™ not only prevents weeds, it contains a balanced 9-17-9 fertilizer that nourishes and enriches your existing plants.

And they couldn't be easier to use – with the refillable canister with built-in applicator, you just sprinkle the granules directly into the soil or mulch, then gently water-in. One application lasts up to three months.

So if, like Laura, hours of weeding isn't part of your dream summer, look for the bright yellow containers with the red caps in your local garden store. And let **Preen** and **Preen 'n Green** introduce you to the world of weed-free gardening.



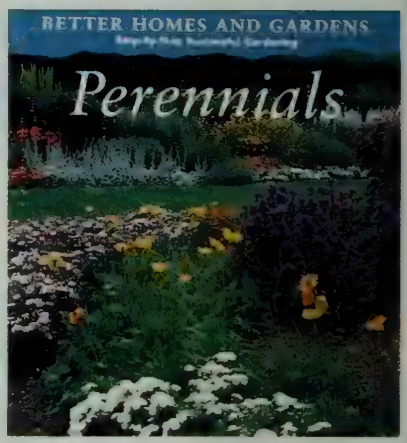
Another Work-Saver Product From **Greenview**®

Preen

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reader shopping

Perennial Gardening



Our "Brightened by Leaves" feature (*pages 131 to 140*) shows examples of landscaping with many wonderful perennials. For more information on gardening with these versatile plants and shrubs, we suggest ***Step-by-Step Successful Gardening: Perennials*** from Better Homes and Gardens® Books. This book contains a mix of glorious color photos; detailed garden plans; information on height, color, bloom time, growing conditions, and care and maintenance; and practical step-by-step how-to instructions. Earth-wise hints, regional information, and troubleshooting tips are also included. This 132-page hardcover book features a concealed, lay-flat spiral binding that totes well to any garden site. The price of the book is $21.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Mastercard, Visa, or American Express card, call toll free 800/881-4066. To order by mail, send a note specifying the name of the book along with a check or money order for $21.95 to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 9705, Des Moines, IA 50306-9128. ⌂

Glorious Daylilies



We are pleased to offer each of the long-blooming daylily varieties suggested by our editors on *page 128*. From Oakes Daylilies, the extra-large, triple-division-size plants are made up of at least three fans. You can expect blooms at the end of the first season and blooms for up to 14 weeks in subsequent seasons.

Choose from **Bitsy** (lemon yellow), **Black-Eyed Stella** (gold with a red eye), **Forsyth Lemon Drop** (lemon yellow), **Happy Returns** (yellow), **Lemon Lollypop** (lemon yellow), **Lullaby Baby** (light pink), **May May** (off white), **Leprechaun's Wealth** (apricot), **So Sweet** (yellow), and **Stella de Oro** (gold). Bareroot fan shipments will be made at the proper time for planting in your zone (approximately April 15, 1997, to September 30, 1997).

The price for one daylily is $9.95; two daylilies cost $15.95; and three daylilies cost $22.95. Additional daylilies cost $7.00 each. A charge of $9.00 per order (regardless of the number of daylilies ordered) will be added for shipping, handling, and applicable sales tax. **Please Note: We are unable to ship daylilies to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.**



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STAINMASTER Xtra Life

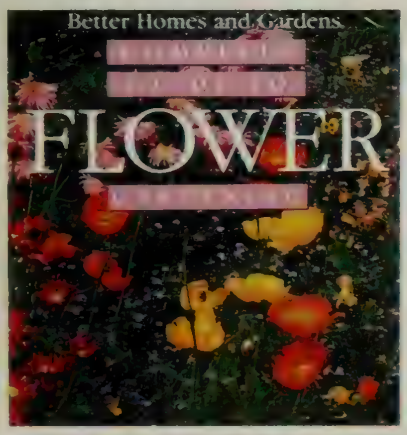
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For more wonderful gardening information, we suggest ***The Complete Guide To Flower Gardening*** from Better Homes and Gardens® Books. It contains more than 600 beautiful full-color photographs and 75 full-color illustrations as well as complete information about planning, designing, planting, and caring for flower gardens. The 408-page hardcover book contains more than 20 garden plans including country, traditional, problem-site, and color-scheme designs. A comprehensive encyclopedia of more than 450 perennials, annuals, bulbs, roses, ornamental grasses, and ferns is included. The price of the book is $34.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, make a list showing the name of the book and/or the varieties and quantities of daylilies you desire. Then send your list along with a check or money order for the total amount to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 9705, Box 9128, Des Moines, IA 50306-9128. If ordering daylilies, remember to include the one-time charge for shipping, handling, and sales tax.

"We're looking for people to write children's books"

by Alvin Tresselt, *Dean of Faculty*

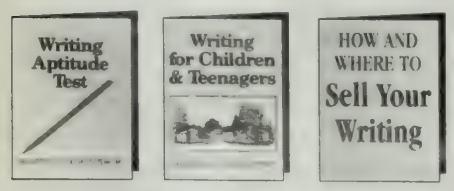
IF YOU WANT TO WRITE and see your work published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally, right out of your own life. And while it's still a challenge, the odds of getting that first, unforgettable check from a children's publisher are better than they are from any other kind of publisher I know.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that truly reach young people is an experience you won't find anywhere else.

A surprisingly big market

But, that's not all. The financial rewards go far beyond most people's expectations, because there's a surprisingly big market out there for writers who are trained to tap it. More than $1.5 *billion* worth of children's books are purchased annually, and almost 500 publishers of books and 600 publishers of magazines related to children and teenagers buy freelance writing. That means that *there are thousands of manuscripts being purchased every month of the year!*

Yet two big questions bedevil nearly every would-be writer..."Am I really qualified?" and "How can I get started?"



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"Am I really qualified?"

At the Institute of Children's Literature®, this is our definition of a "qualified person": someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance.

To help us spot potential authors, we've developed a reliable test for writing aptitude based upon our 27 years of experience. It's free, and we don't charge for our evaluation. Those who pass are eligible to enroll and receive our promise:

You will complete at least one manuscript for submission to an editor or publisher by the time you finish the course.

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This is the way I work with my students, and my fellow instructors work more or less the same way:

- When you're ready—at your own time and your own pace—you mail your assignment to me.
- I read it and reread it to get everything out of it that you've put into it.
- Then I edit your assignment just the way a publishing house editor would—if he or she had the time.
- I mail it back with a detailed letter explaining my comments. I tell you what your strong points and weaknesses are, and just what you can do to improve.

It's a matter of push and pull. You push and I pull, and between us both, you learn how to write and how to market your writing.

"I hit pay dirt"

This method really works. The proof o the pudding is offered by our students

"My first two attempts met with rejection, and on the third, I hit pay dirt with *Listen Magazine,*" says Marjorie Kashdin East Northport, NY. "My instructor was invaluable...It's not everyone who has h own 'guardian editor!'"

"I was attracted by the fact that you require an aptitude test," says Nikki Arkc Raton, NM. "Other schools sign you up a long as you have the money to pay, regardless of talent or potential."

"...a little bird...has just been given...freedom"

"The course has helped me more than can say," writes Jody Drueding, Bostor MA. "It's as if a little bird that was locked up inside of me has just been given the freedom of the garden."

Romy Squeri, Havertown, PA says, "I met two of your students in my critique group and realized that they were the best writers there."

"I'd take the course again in a heartbeat!"

"I'd take the course again in a heartbeat!" says Tonya Tingey, Woodruff, UT. "It made my dream a reality."

"...it is comforting to know that there are still people out there who deliver what they promise," writes Meline Knago, Midland, TX. "The Institute is everything it says it is—and maybe even more."

Of course, not everyone gets published; we simply promise you the best training available.

Get all three free

We offer a free Writing Aptitude Test to people who are interested in writing for children and teenagers, and we don't charg for our professional evaluation of it.

We also offer a free, illustrated brochure describing our course, *Writing for Children and Teenagers,* and the current market for children's literature.

In addition, you'll receive a free copy of *How and Where to Sell Your Writing.* This fact-packed, 8-page booklet names almost every freelance juvenile market in the U.S. and Canada...tells you how you can prepare your manuscripts...query editors...protect your work...and much more.

If your test reveals a true aptitude for writing, you'll be eligible to enroll. But that's up to you. *There is no obligation.*

Writing for Children and Teenagers is recommended for college credits by the Connecticut Board for State Academic Awards and approved by the Connecticut Commissioner of Higher Education.

**The students' statements in this ad were provided voluntarily by them, without remuneration, from 1990 to 1997.*

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*Plus $4.95 per order for shipping, handling and insurance. Sales tax will be billed at applicable rates. All orders are subject to acceptance. Allow 4 – 8 weeks for delivery.

by Craig Summers Black and Mark Kane

EDITOR'S CHOICE

A delightful dogwood. At Rutgers University, Elwin Orton crossed the Eastern dogwood (*Cornus florida*) and the Oriental dogwood (*Cornus kousa*) to come up with a perfectly lovely tree that won't get sick and die on you after a year or two. Not only is *Cornus × rutgersensis* resistant to the all-too-common anthracnose disease, but it is cold hardy down to 20 below. These small landscape trees branch low, sometimes almost to the ground, and are very floriferous, blooming for two weeks easy in late spring. There is even a pink variety, Stellar Pink, although we are partial to the classic white, especially Aurora Constellation. Bonus time: In fall, the foliage is bright red.



A "new and improved" dogwood combines beauty and disease-resistance

PERFECT PAIRS



A Green Sheen and a Bold Gold

Here's a textural and tonal treat: the delicate, fan-shaped fronds of the maidenhair fern (*Adiantum pedatum*) and the loose, spiky blades of a golden ornamental grass (*Hakonechloa macra* Aureola). They work well as specimens, edging, or ground cover in the shade garden, although the Hakone grass can take a bit of sun as well. Both grow 6 to 18 inches tall, but the grass has a wider spread, 36 inches to the fern's 12. The grass has itsy-bitsy flowers in summer, but the real bonus is its reddish-pink fall color.

continued on page 116

It's Not Your Imagination.

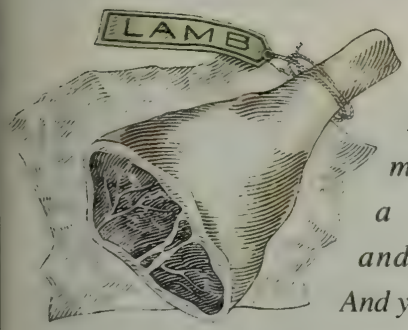
This Dog Food



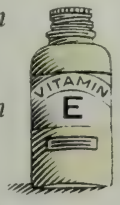


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Purina O·N·E Lamb & Rice Formula helps promote a healthy skin and shiny coat. And yes, it could even make a dog look a little more handsome.



That's because it starts with real lamb, a high-quality ingredient not found in most dog foods, followed by brewer's rice and other wholesome ingredients. It's naturally preserved with vitamin E. It has no added artificial colors or preservatives. And your dog will find it has a taste he'll love.

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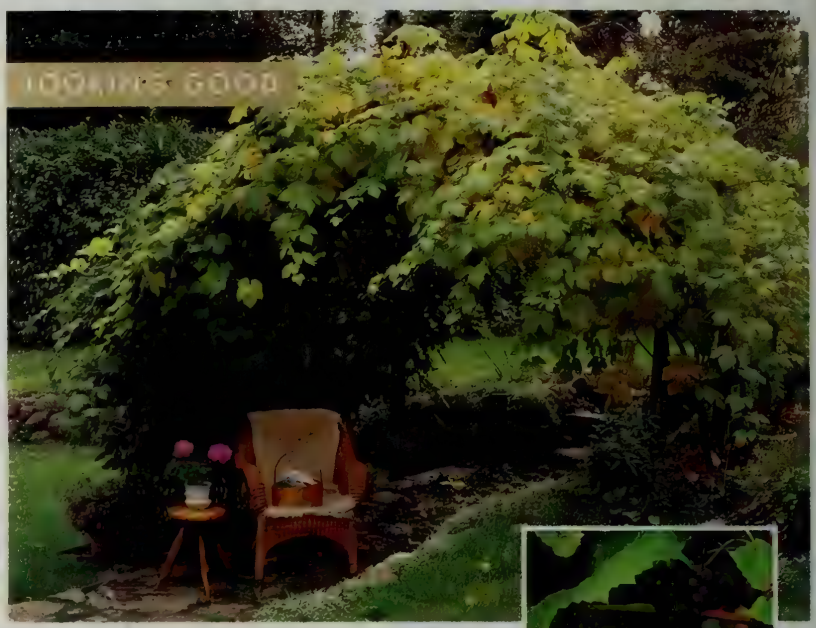
So try Purina O·N·E brand Lamb & Rice Formula. It's the first dog food of its kind in your grocery store. And if you call 1-800-787-0078, ext.42 for a free sample, it'll be the first of its kind in your mailbox too.



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PURINA O·N·E SECOND TO NONE





The Grapes Get Sun-Ripened So You Don't

On Vashon Island—a ferry ride from Seattle—Ilse and Hartmut Reimnitz grow blue Concord and white Seneca grapes on a cedar trellis sheltering a cool granite surface. "We love to sit there when it's really hot and sunny," Ilse says. "The grape leaves change from spring green to deep yellow, and then when they fall, the vines, now old, are a beautiful structure themselves."



Concord (*above*) is a flavorful grape for snacking, making juice, or attempting homemade wine.



Between a Plant and a Hard Place

Robert Miller of Menlo Park, California, trained some needlepoint ivy into a diamond pattern to soften the mass of the brick wall along his driveway (*above*). "It took a year, a lot of water, and a small miracle," he says. The ivy was planted 3 feet apart along the driveway, then trained. "I didn't want the

ivy to creep all over the fence and hide the bricks," he says. "But, at the same time, a brick fence standing alone can be boring."

The solution? Snip, snip, snip.

"It's a real conversation piece," Robert says. "People always stop and ask me how I did it."



These aggregate stone pavers are divided by 2×4s on end, which help visually break down the hard mass.

In the *BH&G*® Test Garden, we similarly broke down a long, hard surface by planting thyme along a formal walkway and allowing the herb to casually spill over on top of the pavers. The bonus here: Step on it and you release its fragrance.

UPDATE

Young Pawpaws Need Protection

If you, too, have gotten the pawpaw bug, be advised that young trees appreciate some shade. Plant them under shade cloth or in tree tubes, and leave the protection in place for a year or two. More pawpaw news:

- On the hardiness front, 5-year-old trees survived 28 degrees below zero in the *BH&G* Test Garden.
- Check out our Internet site, http://www.bhglive.com, for more pawpaw tips, anecdotes, and updates. And please feel free to write or e-mail us your own pawpaw tales.

continued on page 118

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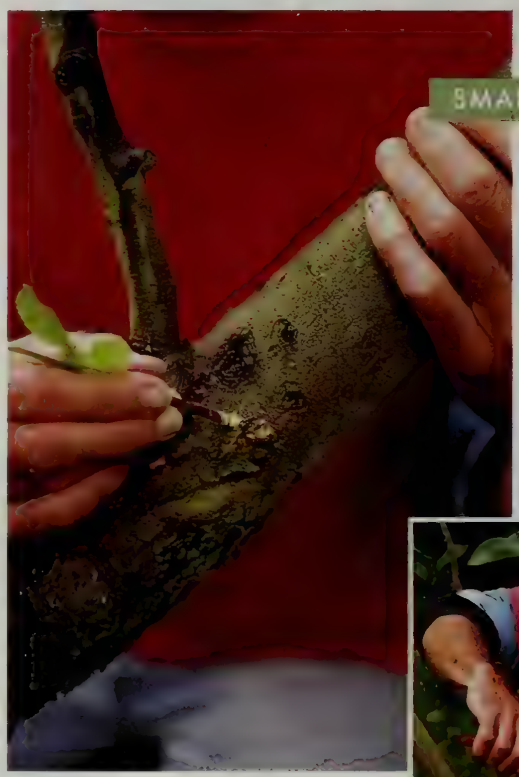


Match and win $20,000 in the ORTHO Garden Party Contest.

Take this game piece to your local ORTHO® retailer. If the above weed symbol exactly matches (except for size) the illustration found on the front of the bottle of ORTHO Weed-B-Gon; you win $20,000!

ORTHO GARDEN PARTY

OFFICIAL RULES: ORTHO GARDEN PARTY MATCH AND WIN CONTEST **1. No purchase necessary.** Game starts **March 2, 1997**, and ends **August 30, 1997**. Match and win game pieces will be available in inserts in Sunday newspapers in selected markets, selected magazines or by mail by sending a self-addressed stamped envelope (WA and VT residents may omit return postage) to: ORTHO GAME PIECE, PO BOX 1013, GRAND RAPIDS, MN 55745-1013. Mail-in requests will be honored if received by **August 7, 1997**, and while supplies last. Limit one request per outer envelope. No mechanically reproduced requests allowed. **2. How to Play.** Take your game piece to a participating retailer and compare the symbols on your game piece with symbols on ORTHO product labels. If your game piece symbol exactly matches the store bottle symbol, you are a winner, subject to verification. You may obtain a copy of the winning symbol by mail by sending a self-addressed stamped envelope (WA and VT residents may omit return postage) to: ORTHO WINNING SYMBOL, PO BOX 1087, GRAND RAPIDS, MN 55745-1087. **3. How to Claim Your Prize:** If you are a winner, sign the front of your winning game piece in ink and send it via certified mail (return receipt requested), along with your name, address, daytime phone number, store name and location printed on a 3" x 5" piece of paper (keep copy for your own records) to: ORTHO Prize Claims, PO BOX 2064, GRAND RAPIDS, MN 55745-2064. Proof of mailing does not constitute proof of delivery. All prize claims must be received by **September 13, 1997**. All prize claims are subject to verification. Winners will be notified by mail. Unclaimed prizes will not be awarded. Game materials are null and void and will be rejected if not obtained in accordance with these rules and through legitimate channels or if any part is determined by the judging organization to be illegible, reproduced, counterfeited, mutilated or tampered with in any way. If they do not have the special security markings or if any game materials contain printing, production, typographical, mechanical or other errors. Any attempt to forge or defraud game materials in any way will be prosecuted to the fullest extent of the law. Liability for game materials containing printing or other errors is limited to replacement with other game materials while supplies last. In the event of a printing error or the like that results in more winning game pieces than there are prizes listed in the Official Rules, a random drawing, if necessary, will be held among those claiming prizes to award the correct number of published prizes. All entries become the exclusive property of Monsanto Company's Solaris Group and none will be returned. 4. Prizes and Approximate Odds: 1 prize consisting of $20,000.00 each. Odds of winning: 1 in 16,616,167. Total Value of all prizes: $120,000.00. An independent judging organization will verify winners and its decisions shall be final in all matters relating to this promotion. Prize winners will be notified by mail and are required to execute an affidavit of eligibility and liability/publicity release within 14 days of notification. In the event of non-compliance with this requirement, prize may be forfeited. Neither the Sponsors nor any of their respective affiliates are responsible for any lost, late, damaged, misdirected, incomplete, or postage due entries, and of course, Void. Submission of game pieces is the sole responsibility of the winner. By acceptance of prizes, winners agree that neither Monsanto Company's Solaris Group, their respective shareholders, affiliates, directors, employees and agencies will have any liability whatsoever for any injuries, losses or damages of any kind caused by any prize or resulting from acceptance, possession or use of any prize. Acceptance of the prize shall further constitute and signify the winner's agreement and consent that the Sponsors may use the winner's name, photo, likeness, and/or prize information without limitation for promotional purposes without further consideration or payment, except where prohibited. Federal taxes and local taxes and all other related costs associated with claiming, receiving or using these prizes are the sole responsibility of the winner. Monsanto Company's Solaris Group will report winnings to federal and state tax authorities. **5. Eligibility:** Game is open to legal U.S. residents 18 years of age or older. Employees of Monsanto Company's Solaris Group, respective affiliated companies, subsidiaries, agents, retailers, advertising agencies, promotional suppliers, all suppliers involved in the development, production and distribution of this game, and immediate families of each are not eligible. Subject to federal, state and local laws. Void where prohibited or restricted. **6. Winners List:** For a list of winners, send a self-addressed stamped envelope (WA and VT residents may omit return postage) to: ORTHO WINNERS LIST, PO BOX 8007, GRAND RAPIDS, MN 55745-8007. **Requests must be received by October 15, 1997.** ©1997 Monsanto



SMART GARDENING

***BH&G*® Test Gardener Andy Rocchia advises removing fruit tree suckers throughout the growing season. He recommends snapping suckers off (*left*) rather than pruning (*below*) if you can. "It's less likely to rejuvenate."**



There's One Grown Every Minute

These little suckers need to be removed from fruit trees, such as this apple, or you won't get much of a crop. Whether the suckers are shooting from limbs, where they are usually called water sprouts, or from the root or rootstock, they need to be removed cleanly. Small suckers can be snapped off (*above left*). Larger sprouts will require pruning (*right*). Make sure to remove the whole sucker. If you don't, it will grow back.

THE HOTLINE

Breaking news. Watch for a variegated Virginia creeper in nurseries this year. It's new, as is everything else you will read about in The Hotline, another occasional series debuting in the Almanac. The green-and-white vine, called Star Showers, is wonderfully speckled and a bit smaller than the standard form. The fall color is brilliant pink and red. We plan to put this plant through its paces in the Test Garden this year. Watch for our reports. Other new two-toned plants: a redbud tree and the Hot Tuna houttuynia.

Buying information, page 54

He wasn't a man to whom hate came easily.



But Oh! How he despised Weeds.



He blamed them for everything that had gone wrong. They were on a picnic. He'd packed a basket with ripe d'Anjou pears, baguettes and Brie. When the moment was right, he picked her a dandelion. And she said, "Dandelion? That's a weed!



YUCK!

My father always used Weed-B-Gon®. He said it kills up to twice as many weeds as other brands, and won't harm your grass.



And my father was a good man! How can I expect you to protect and care for our children if you can't even take care of the lawn!?"

Taken aback, he protested weakly, "But, this isn't my lawn... this is Central Park."

But she was already gone.



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by Craig Summers Black



daylilies like to mingle

Do not call this daylily yellow. No longer are all daylilies lemon-colored, and no longer are they too timid to venture out of the safety of their regimented daylily beds. Now the daylily feels quite comfortable in perennial beds and mixed flower borders.

PHOTOGRAPHS: KAREN BUSSOLINI



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REMEMBER WHEN ALL YOU NEEDED TO CARRY THEIR THINGS WAS A DIAPER BAG?

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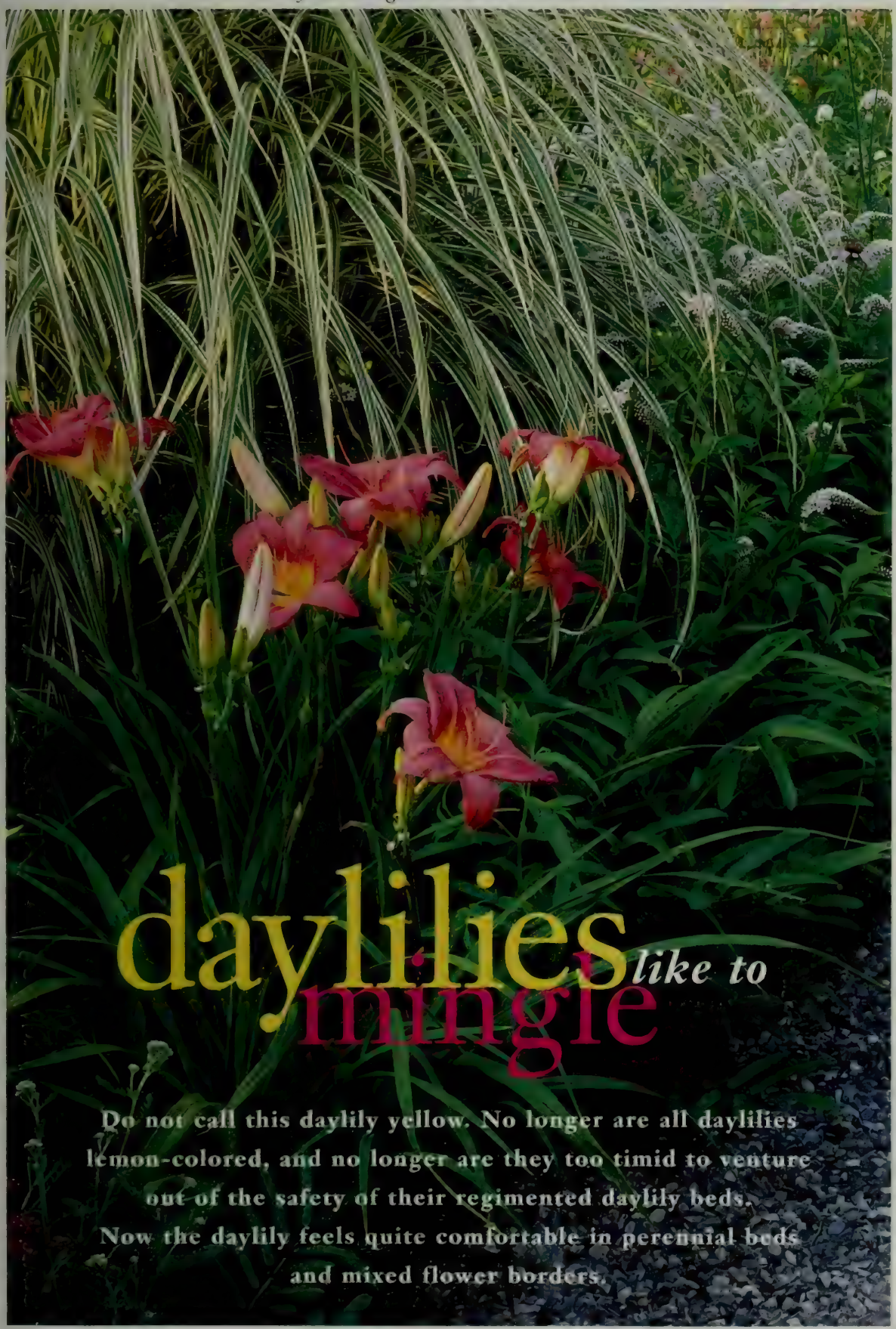


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PHOTOGRAPHS: KAREN BUSSOLINI

daylilies



The daylilies in this story are all grown in one Connecticut yard, ample evidence of their many uses. This is the shade garden (well, it's light shade) where Hyperion blooms soon after Justin Junt.





THE DAYLILY CATHERINE WOODBURY (*ABOVE*) IS PLANTED THROUGHOUT THE GARDEN, GIVING A SENSE OF CONTINUITY TO THE LANDSCAPE.

VARIOUS DAYLILIES SURROUND A PEEGEE HYDRANGEA (*LEFT*) AMID PLANTINGS OF COOL BLUE VERONICA, EDIBLE ANISE HYSSOP, RED COLEUS, AND CHARTREUSE LAMB'S-EARS.

Roadside escapees no more, daylilies are still tough, but now they are lovely, too.

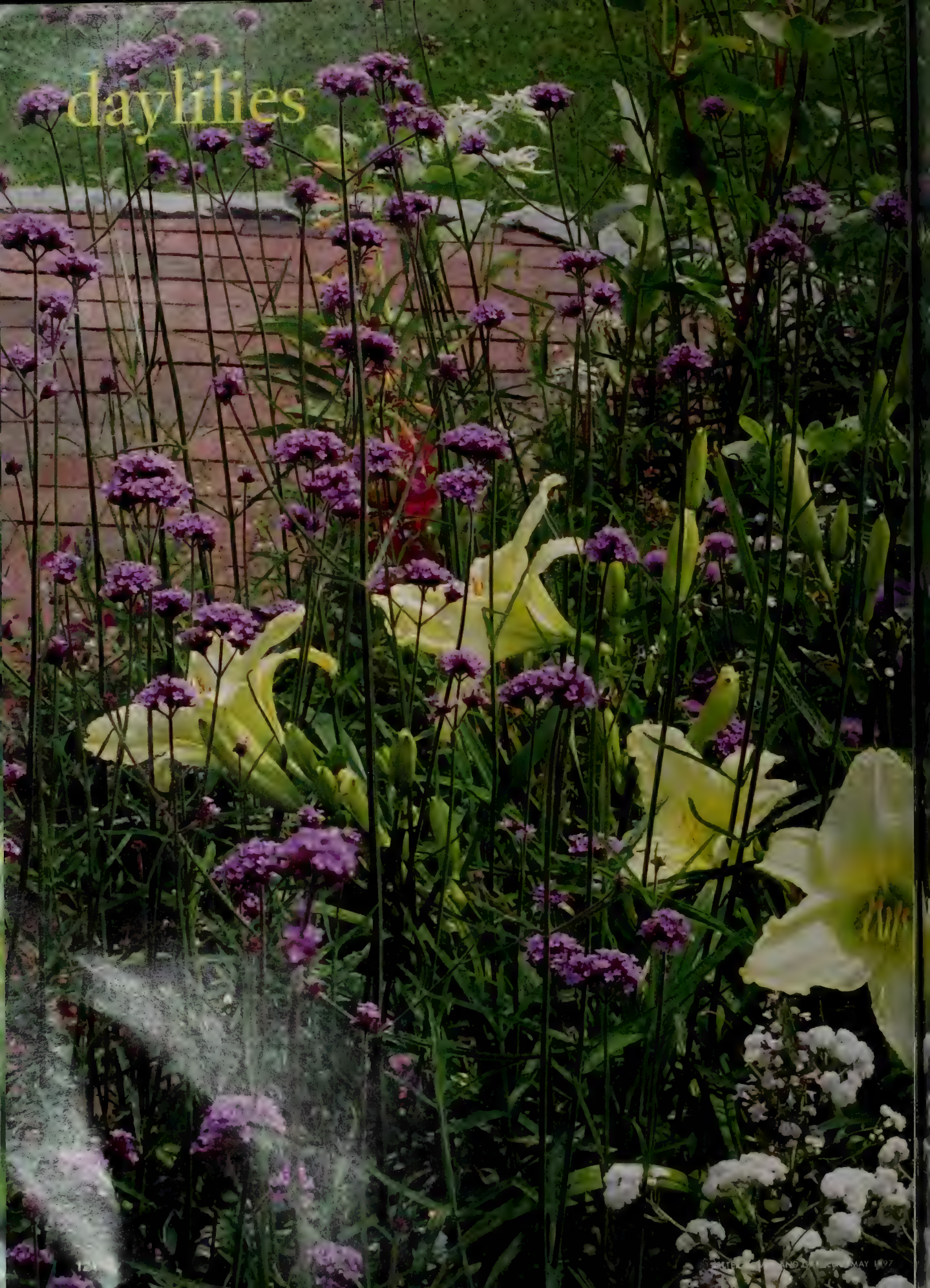
Daylilies do many things well. And they will do even more if you let them.

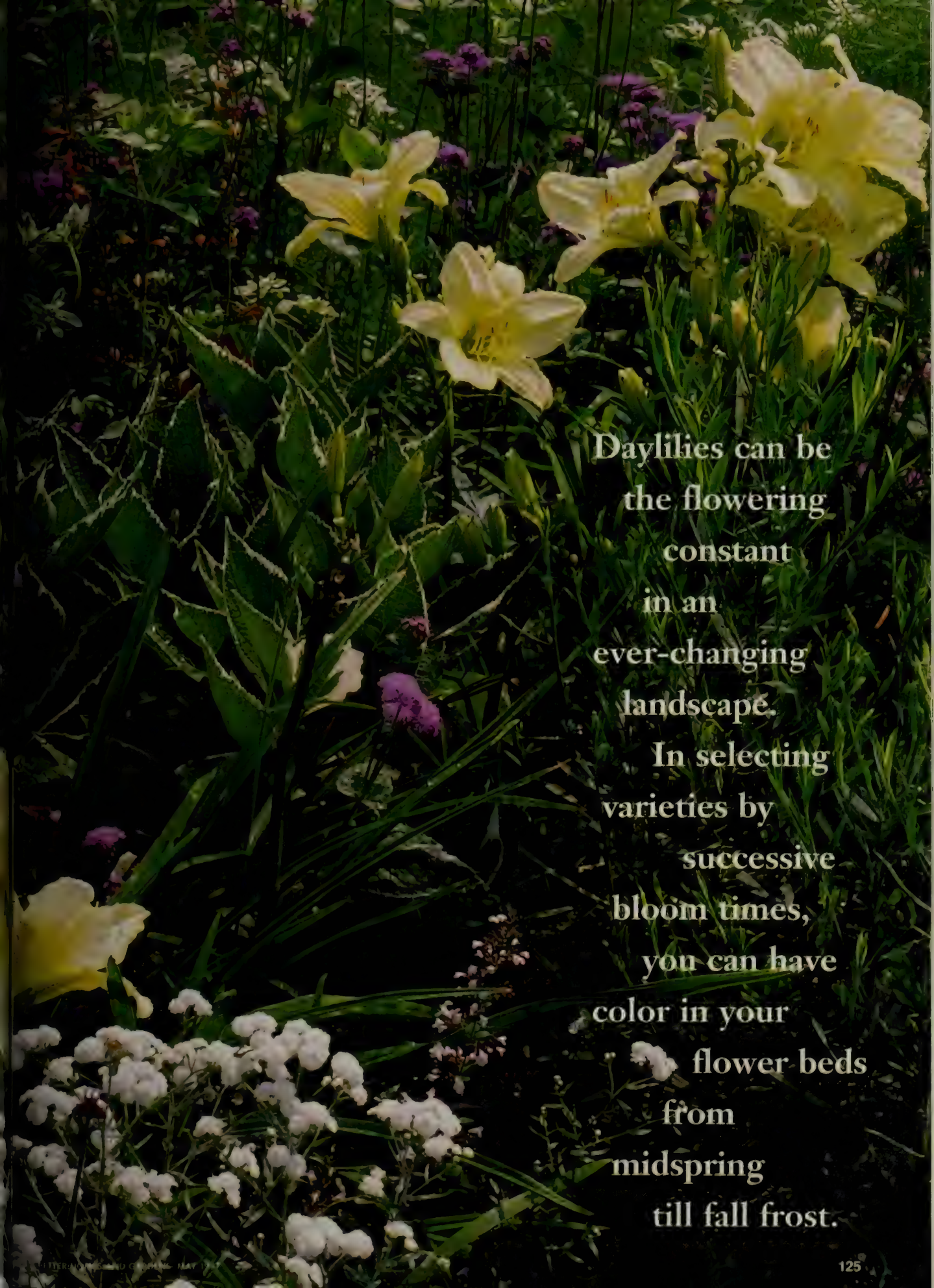
Degree of difficulty? They're a no-brainer, discouraging weeds, shaking off pests, tolerating bright sun and light shade, wet soil and dry—they're even drought resistant when established.

Admirable characteristics? They provide bold color over a long season. They come in a wide range of colors, flower sizes, and plant heights. They grow fast without becoming invasive. They rarely need dividing, but should you care to increase your collection, they are quite easy to dig up. Some varieties, like the long-blooming May May, are fragrant. And the adventurous gardener can even add blossoms to salads, or simply plop petals in her mouth as she strolls through the garden.

When to plant? In the spring after danger of hard frost, or fall, even late fall if you mulch heavily.

And where? Along the ankles of taller shrubs, as accent plants in the perennial border, and for fragrance by the house or the entry to outdoor rooms.


daylilies



Daylilies can be the flowering constant in an ever-changing landscape. In selecting varieties by successive bloom times, you can have color in your flower beds from midspring till fall frost.

daylilies

DAYLILIES CAN DRESS UP STONE WALLS AND FOUNDATIONS. JUSTIN JUNE (*BELOW*) READS WELL FROM A DISTANCE AND IS FRAGRANT UP CLOSE. THE LUSCIOUS RED (*RIGHT*) IS AN UNKNOWN "ORPHAN."





You can pick one daylily for several attributes: A single plant can be large-flowered, long-blooming, and fragrant.



The Stella de Oro daylily is one of the longest bloomers, reason enough to grow the diminutive yellow charmer. But it is also wonderfully fragrant. Another similarly double-duty daylily is May May, a small pastel. Other scented daylilies include Hyperion, Ivory Chalice, Lavender Illusion, Lemon Lollypop, Lilac Landscape Supreme, Lullaby Baby, Raspberry Pixie, and Ruffled Apricot. Double-flowering daylilies include Black-Eyed Stella, Hyperion, Lullaby Baby, Ruffled Apricot, and Vintage Wine. If you're looking for really big blossoms, try Lilac Landscape Supreme, Ruffled Apricot, or Vintage Wine.

How to Divide Daylilies



1. Stomp on your spade all around the root ball, making a complete circle around the entire plant.



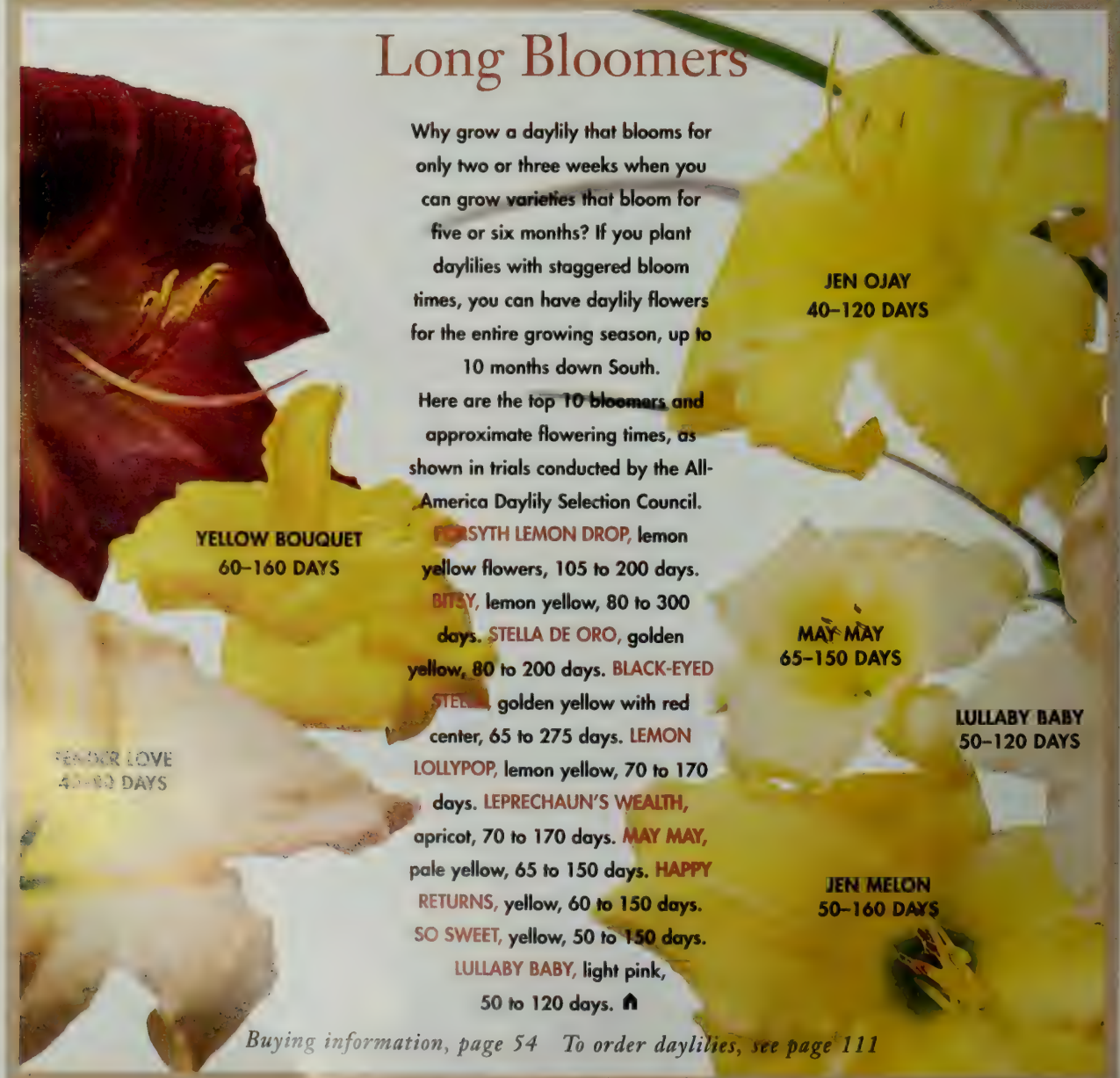
2. Plunge the spade under the root mass in several places along the circle, levering the spade up and down. Lift the plant out.



3. Break the root mass apart at natural fissures, or use your spade to slice it apart. Replant divisions and share with friends.

Long Bloomers

Why grow a daylily that blooms for only two or three weeks when you can grow varieties that bloom for five or six months? If you plant daylilies with staggered bloom times, you can have daylily flowers for the entire growing season, up to 10 months down South. Here are the top 10 bloomers and approximate flowering times, as shown in trials conducted by the All-America Daylily Selection Council. FORSYTH LEMON DROP, lemon yellow flowers, 105 to 200 days. BITSY, lemon yellow, 80 to 300 days. STELLA DE ORO, golden yellow, 80 to 200 days. BLACK-EYED STE[illegible], golden yellow with red center, 65 to 275 days. LEMON LOLLYPOP, lemon yellow, 70 to 170 days. LEPRECHAUN'S WEALTH, apricot, 70 to 170 days. MAY MAY, pale yellow, 65 to 150 days. HAPPY RETURNS, yellow, 60 to 150 days. SO SWEET, yellow, 50 to 150 days. LULLABY BABY, light pink, 50 to 120 days.



Buying information, page 54 To order daylilies, see page 111

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Brightened by Leaves

A cozy garden rich in purple, silver, and gold



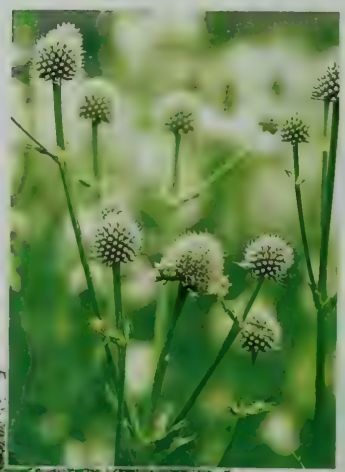
Ellen Coster and Maurice Isaac were garden neophytes not all that long ago. But as their Mattituck, New York, garden has grown, so they have learned. A talented and helpful designer set them on the garden path, and now they know how to enjoy a colorful yard throughout the growing season, even during the usually ho-hum transitional times.

by Craig Summers Black and Mark Kane

Brightened by Leaves

A spiny, blue-leaved sea holly (*Eryngium yuccifolium*) rises by the stone walk. "The leaves look thorny," says Maurice, "but they won't hurt you."

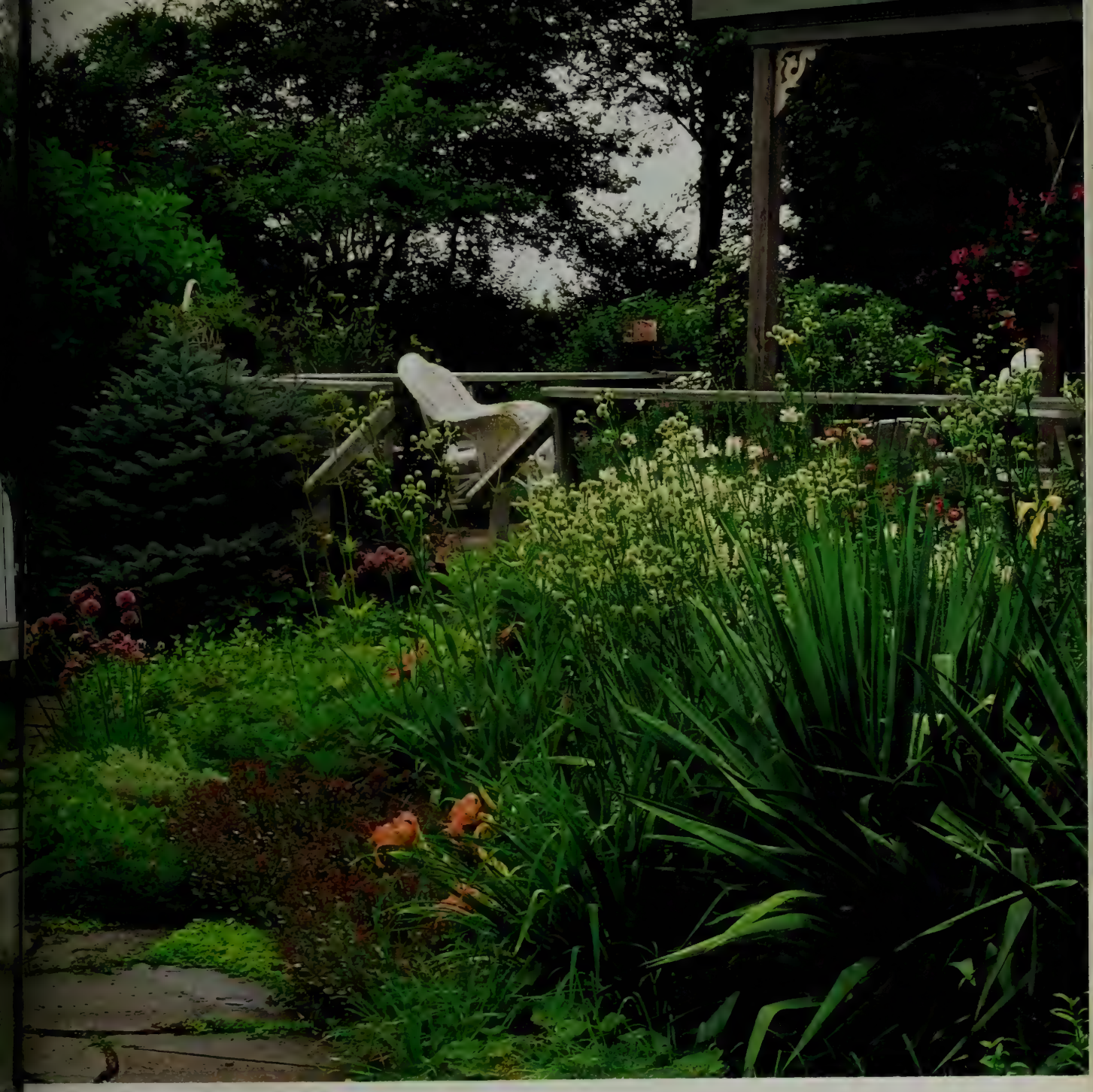
A herringbone pattern of bricks on edge leads to the entry gate, which has lattice for a New Dawn rose and vines to climb. Container plantings of Balkan ivy-leaf geraniums and impatiens bring color to bare spots.







Inside the gate, bluestone pavers lead to a deck sheltered by mixed borders (*above*). Layers of color cloak the backyard. Creepers grow between the stones, ground huggers spill over the path, and taller plants rise toward the house. "We wanted to create a more natural feeling back there," says Maurice.



Yes, we'll grant you: Green is a color, too. But when you are planning, looking, and hoping against hope for color in your garden, an all-green yard looks like a blank canvas, not a finished work.

Unfortunately, sometimes nature says, "Sorry. No flowers just now. Wait a bit." During these inevitable garden lulls, "painted" leaves alone can give you all the color you could possibly hope for. And when the flowers return—*bingo*—it's bonus time.

Variegation is a good starting point for leaves that brighten a yard. Trees such as dogwood, Norway maple, and even redbud come two-toned. Bushes—such as mock orange, weigela, and daphne—do likewise. Perennials and ground covers? The list seems endless: iris, hosta, canna, agapanthus, houttuynia, arum, asarum, viola, ajuga…as well as many ferns and ornamental grasses.

Purple-leaved plants such as Japanese maple, smokebush, and heuchera get color on canvas fast. Yellow or gold tones? Try varieties of catalpa, barberry, or lysimachia. Another rich color: silver, as found in certain olive trees, buttonwoods, and artemisias.

Plant a few, and watch the paint dry.





Brightened by Leaves

In this view from the deck, a grassy, lightly variegated miscanthus (*far left*), dwarf purple barberry bush (*center*), Goldmound spirea (*left*), and—behind it—cutleaf purple Japanese maple tree add staying-power color to the flowering allium, daylily, cosmos, pansies, butterfly bush, and golden-rain tree.

Brightened by Leaves



ILLUSTRATION: MICHAEL EAGLETON

So Here's the Plan

Like all good designers, Conni Cross tempers her style to accommodate her clients. Her marching orders from Ellen and Maurice 12 years ago: "They wanted a garden because they entertained a lot. They wanted something decorative—a welcoming presentation to their friends and family. Their house and garden's whole purpose is to make the heart feel good."

Conni's plan gave the property intimacy and privacy from the surrounding farmland. The landscape is fairly low maintenance with little lawn. The basic design is two mixed border gardens with a path between them. Almost half of the shape and color comes from colorful shrubs and trees. And it all focuses on the garden deck, where the couple spends much of their free time.

"It's a great gift to me," says Conni, "that they became gardeners."

continued on page 138



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A small table and a chair make for a quiet refuge in the back border. "Sitting areas even when they aren't used convey a message," says Conni. "They make you feel like a garden has a personality. It gives you a feeling that this is a nice place to spend time."



Silver-edge bishop's weed (*right*) is a ground cover that can light up a shady spot, but like sea holly it can be very aggressive.

Personality in the Garden

Ellen had a few personal requests for Conni when the garden plans began.

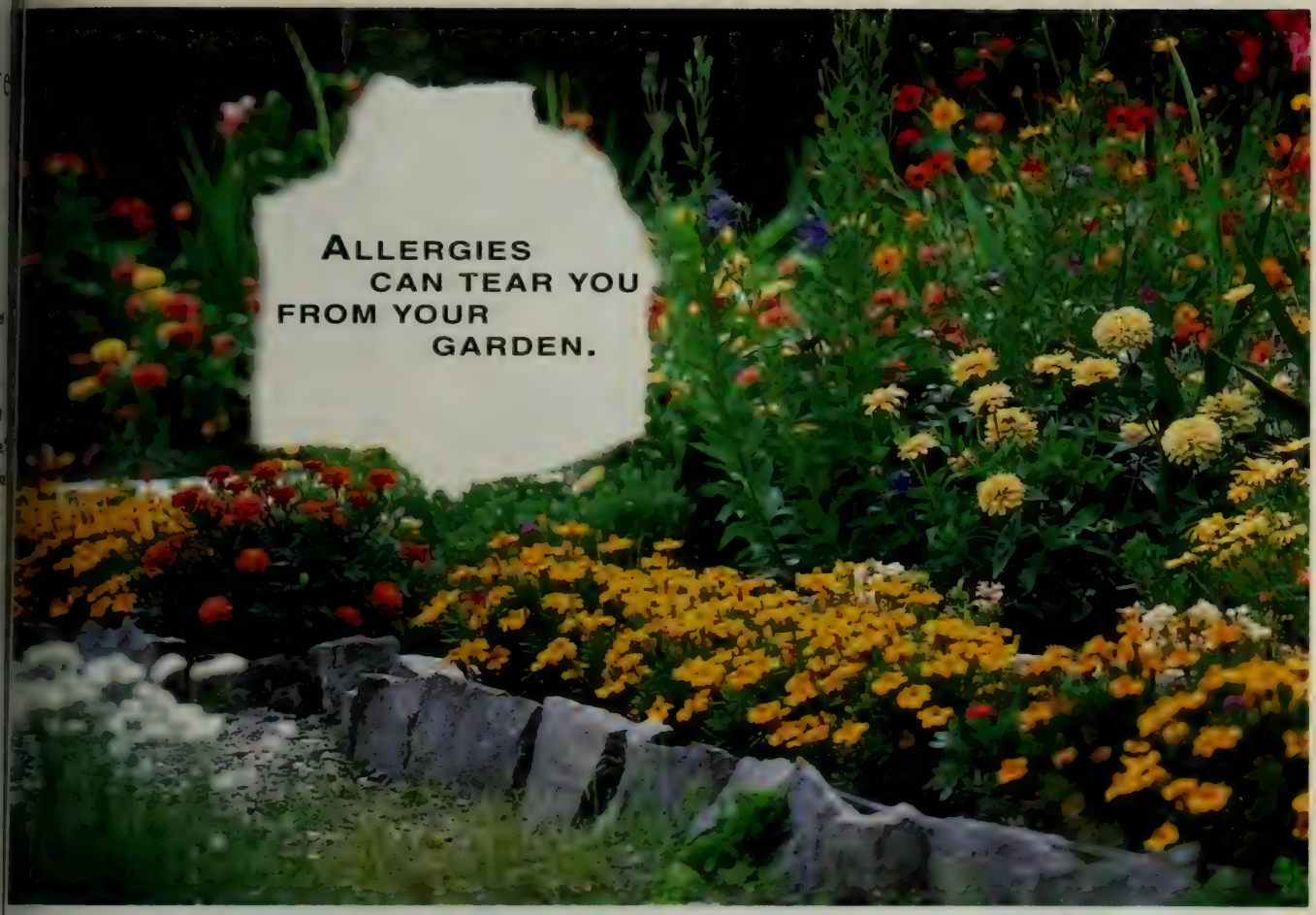
"I had to have hydrangeas and lilacs, because I grew up with those, and I identified them with home. They bring me back to my childhood. So we got the hortensias by the garden entrance and the PeeGee tree hydrangea beside the deck."

Heliotrope, too, was a must. "I used to buy a perfume called Heliotrope. It was made in England and imported, but I can't find it any longer. The perfume had a beautiful vanilla fragrance like the flowers—so now I grow the plants because I can't buy the perfume."

Even the container garden growing in front of the barn (*right*) has a story. "The whole container and planting was an anniversary gift planted and given to us by some friends who own a nursery." Notice, too, the painted black leaves of the sweet potato vine.

continued on page 140





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Brightened by Leaves



The Bronze Beauty ajuga and the hardy ice plant (*above*) contrast in both color and texture. A bonus: They both flower. The ajuga sends up spires of tiny blue flowers in spring, while the ice plant has satiny pink or yellow daisy-type flowers in summer.





Golden-green creeping Jenny (lysimachia) makes a glossy ground cover (*above*). A blue-green-leaved sedum with rose-pink blossoms (*right*) leaps over the brightly colored mazus before the grassy Tiny Rubies dianthus, which awaits more little carnations.



A dwarf golden Japanese holly (*Ilex japonica* Golden Gem) forms a low, rounded evergreen shrub that creates a warm glow year-round. Underplanted is a green-leaf form of ajuga; alongside, a blue sage (*Salvia farinacea* Victoria). "That ilex is one of my favorites—that whole section there," says Maurice. "I like blue, white, yellow, and silver together. That is one of my favorite combinations because the colors are cool and calming."

Buying information, page 54



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the cottage cleans up

by Rebecca Jerde and Sharon Overton

Throw open the windows. Sweep away the cobwebs. Air out the rugs. Like a good spring cleaning, Shelley Golden has shaken the dust out of cottage-style decorating. In her romantic Michigan home, she creates pared-down spaces filled with personality and warmth.



A collector at heart, Shelley Golden combines a sense of nostalgia with a fresh, modern sensibility.

Buying information, see page 54



From the first moment Shelley saw this 1922 Dutch Colonial, she was enchanted by its casual, old-fashioned charm. "I thought it had a great spirit," she says. "It felt as though it had received a lot of love."

The clapboard cottage, located in Michigan's northern lower peninsula, offered a long list of attributes, including light-filled rooms with tranquil views and vintage architectural features, such as built-in arched bookcases, cut-glass doorknobs, and golden oak floors. These architectural riches also gave Shelley a chance to indulge another love: collecting. She rarely passes up a chance to hunt for the things she loves. Old McCoy pottery, hammered aluminum serving pieces, embroidered footstools, funky lamps, and vintage tins are among her temptations. She gives these treasures room to breathe by keeping decorating themes to a minimum. White wicker, weathered pine, creamy yellow walls, and floral fabrics combine to create rooms that have a vintage feel but a clean, decidedly updated spirit.

Limiting pattern to smaller pieces (the club chair and TV-hiding screen) and slipcovering the sofa in white make the living room feel restful. Washable slipcovers take the worry out of lived-on upholstery.

For casual dining, a pine table cozies up to a window seat at one end of the living room. Arched bookcases flanking the window display pottery, plates, and decoupaged boxes.





A yellow-and-white color scheme gives consistency and flow to the rooms. In the parlor, the only real pattern comes from a quilt on the wicker sofa, the painting, and summer flowers. This allows the textures of wicker and lace and a whimsical iron table to stand out.



Color themes are repeated in the kitchen in bold ceramics. A coat of fresh white paint gives old cabinets and scalloped-edged display shelves a clean, modern look.



Shelley, who has a master's degree in psychological counseling, believes collecting and decorating offer great opportunities to express your personality. When searching for antiques and other furnishings, she looks for items that not only look good and work well in the space but also "speak" to her in a personal way. For instance, a painting over the living room fireplace (see *page 144*) was designed as a promotional piece for a toy company. But to Shelley, the naive image of children at play connotes a sense of "freedom, innocence, and outdoorsiness."

Roses (*this page*), her favorite flower, also are a predominant theme—adorning fabrics, plates and cups, and decoupaged boxes. Even colors convey an emotional message, Shelley says. She chose yellow walls for the main rooms because the color "is a symbol of the warm friendship I wanted my house to reflect."

In the bedrooms, Shelley creates a restful environment by painting walls and furniture white. In daughter Jessica's room (*left* and *right*), the sizzling shades of a floral-patterned bedspread and flower-filled McCoy vases look even brighter against this pristine background. The floral theme is repeated on embroidered pillowcases, framed prints over the bed, and a vintage-style hooked rug.

In other instances, Shelley uses texture and shape, rather than color, to provide visual interest. The delicate curves of antique iron headboards create their own pattern play against whitewashed walls. Quilted white-on-white linens and lacy pillows add a tactile touch. Even a pair of French lamps festooned with cherubs and roses (see *page 151*), which might seem overdone in a busier environment, are just right in her serene settings. "They are something your grandmother would have had, and you wouldn't take if she offered them to you," Shelley says. "But on simple pine nightstands, I think they look wonderful."

White is not only easy on the eye, but also simple to care for. When choosing white fabrics, look for natural fibers such as linen and cotton that can be machine-washed, bleached if necessary, and left out in the sun to restore brightness.



Shelley painted this old hotel dresser white to show off its curvy lines. Don't be afraid to buy what you love, she says. "Collecting is about trusting your instincts."

Leaving windows bare, except for simple roll-up shades, allows the great outdoors to become a focal point in the master bedroom. To keep an all-white scheme from looking too stark, add texture and warming touches, such as a wooden nightstand, embroidered pillows, and pale-hued flowers.



Why hide bath linens behind closed doors? This vintage glass-front dental cabinet keeps towels handy for guests. Lace-edged napkins soften each of the shelves.


Laughter
is



Shelley's simple, no-fuss approach to decorating extends to the outdoors, where a cloth-draped picnic table serves as a gathering spot for informal family meals. Adirondack chairs, set up in a round-the-campfire style, encourage friendly conversation.

SHELLEY'S GOLDEN RULES

Over the years, Shelley has developed her own philosophy about finding antiques and collectibles. Boiled down to its essence, her motto is this: Buy what you love. But she also offers a few tips for learning to live with those often impulsive purchases:

Getting to know you. "Bond with a new treasure before you place it," Shelley says. Rather than find a spot for a piece right away, set it aside and take some time to consider the possibilities. "I'll visit it and check in on it and think, 'Pretty soon you, too, will have a home.' "

Drawing the line. In the heat of the moment, it's easy to get swept away. Establish a budget before you shop and be prepared to stick to it.

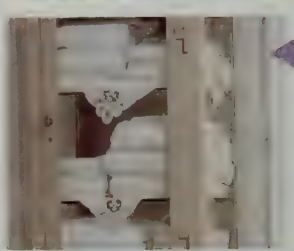
The one that got away. On the other hand, "Regret is a terrible thing," Shelley cautions. "If you pass up something you love, you may never find it again. An antique isn't something a store can reorder for you." ⌂

THE CLEAN LOOK

Here are some quick and easy tips to help you achieve a pared-down, up-to-date look for any room.



Avoid brownout. Set dark-toned furniture against white or bright backgrounds. This high-contrast setting also allows the table's distinctive shape to shine.



Go monochromatic. Buy bed and bath linens in a single color. Not only will they look neater when displayed, but, in the case of white, they'll go with everything.



Hide clutter. Here, a folding screen covered with a quilt-patterned fabric conceals the TV and other electronics. Stash books and magazines in lidded baskets.



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by Joseph Boehm, Catherine Kramer, and Sharon Overton

Decorating then & now

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"Slipcovers are in."
"Bringing nature indoors is the latest rage."

These could be headlines from today's design pages. But *BH&G*® was touting—indeed *setting*—these "trends" 75 years ago. During this anniversary year, we've discovered that in decorating, as in life, one thing holds true: What goes around comes around—usually with a stylish new spin.



Wicker weaves its way indoors. Largely banished to the porch when this 1923 *BH&G* (then *Fruit, Garden and Home*) story appeared (*background*), wicker now stars in nearly every room in the house. Today's wicker (*foreground*) is curvier, cozier, and often more colorful than its predecessors.

PHOTOGRAPHS KING AU



Giving Furniture the Slip

Not so long ago, slipcovers were considered strictly Grandma stuff. But it turns out Grandma had the right idea. That's because slipcovers extend the life of fine upholstery and expand your decorating options. Ready-made styles now range from easy-fitting vintage looks (*below*) to crisply tailored modern renditions. With so many choices, you can change your furniture's "wardrobe" the way you change clothes—from casual to formal, from winter to summer. Machine-washable fabrics also make these slipcovers easier to maintain than in Grandma's day.

1926 (*Above*) More of a necessity than a fashion statement, slipcovers hid tattered upholstery or made itchy mohair cushions tolerable on those hot summer days before air conditioning. Still, sitting could be a risky proposition, because it took a lot of pins to get these fussy concoctions to look right.



fussy vs. fitted

rigid vs. romantic

1954 *(Below)* Bringing outdoor furniture inside was still an avant-garde idea, but one that was gaining favor as central air conditioning and television lured us off the porch and into the living room. Back then the idea was to re-create the look and style of the patio, only inside. In this casual sunroom, the matching wrought iron table and chairs are examples of classic garden fare.

Indulging Your Metal Urges

Like wicker, wrought iron furniture now feels at home inside the house as well as out. But metal furniture is easing up, with painted and distressed finishes (*above*) that only *appear* as if they've spent a lifetime outdoors. Mixed mediums also are part of this trend. Iron and aluminum are pairing up with wood and stone to create looks that are softer and more relaxed. And while we were once limited to faux Mediterranean or English garden varieties, it's now possible to find metal interpretations of everything from Regency to postmodern styles.



Decorating
then & now

Blonde Has More Fun

The fresh, modern look of blonde wood furniture is just as relevant in the simplicity-seeking '90s as it was in the forward-looking '50s. The difference: We're no longer stuck decorating in suites. Today's softer shapes can stand on their own or accompany a symphony of other styles, from traditional to glass-topped contemporary.





1950 (*Left*) World War II was over. America was moving to the suburbs. Suddenly, the traditional furniture of the last half-century seemed formal and outdated. To many, Danish Modern's clean, uncluttered lines were better suited to the new spirit of optimism.

slick vs. soft

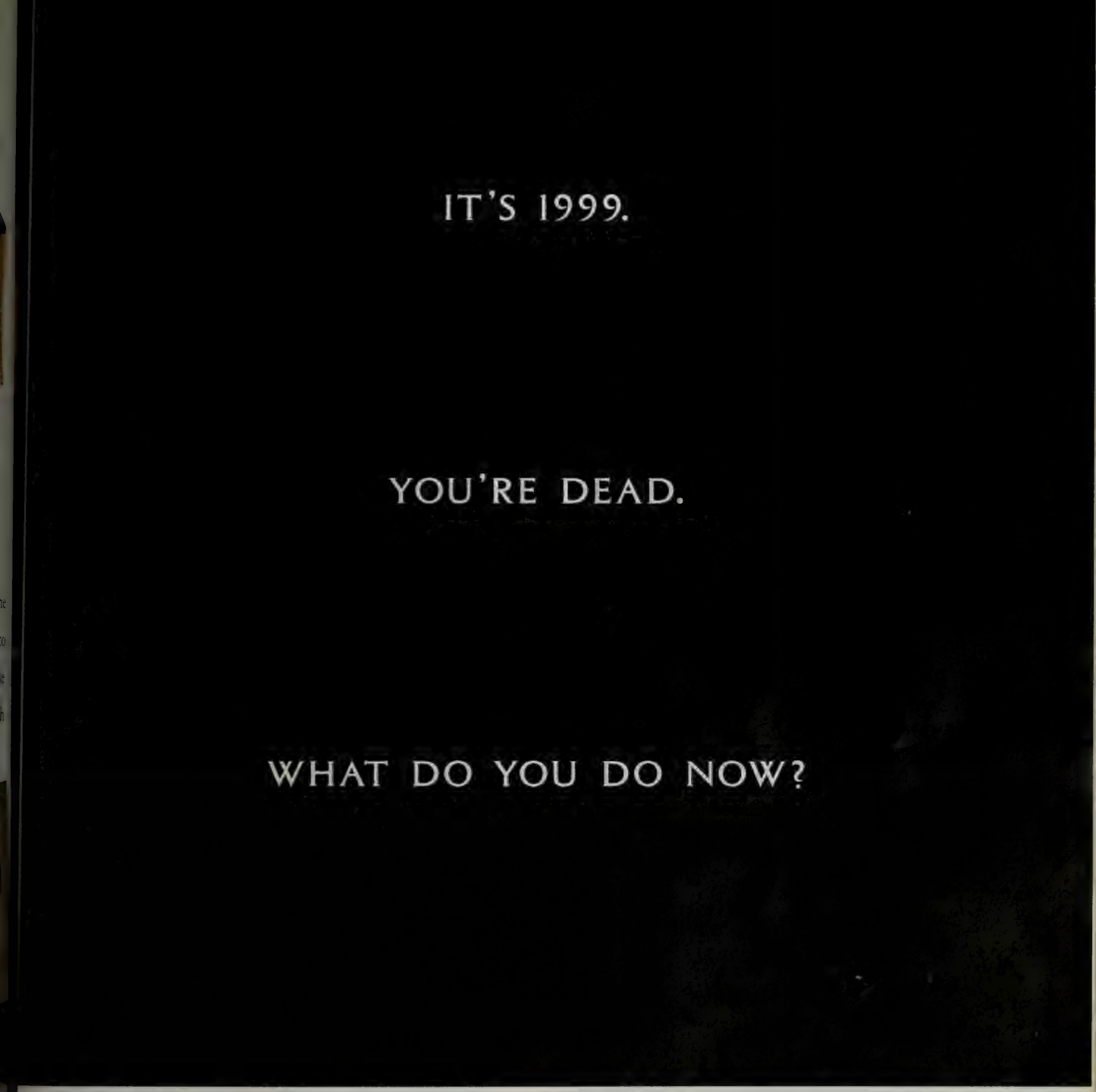
Brights Mellow Out

Goodbye, George Jetson. While some appreciate the futuristic stylings of '60s furniture, few today choose to live with it on a large scale. We crave color that's intense but easy on the eye (more Monet than Mondrian), with warm wood accents and touchable fabrics (*below left*).



1969 (*Above*) From film to fashion, "plastics" was the latest buzzword. In furniture, new synthetics and molding techniques gave birth to bold colors and shapes.

continued on page 160



Just for a minute, think the unthinkable. What would happen to your family if suddenly you weren't there? Where would the money come from for the mortgage? For the kids' education? To live on?

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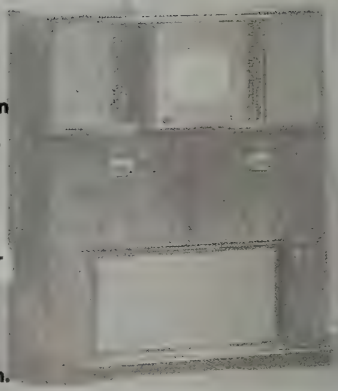
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Decorating
then & now

Tuning In, Turning On

That strange gray box that invaded our living rooms in the '40s and '50s is as indispensable in most homes today as a microwave and dishwasher. It has replaced the fireplace as a focal point, often commanding its own woody nest of built-in or ready-to-assemble cabinetry (*below*). Along with computers, fax machines, and the Internet, television keeps us connected and helps us do all sorts of things, like shopping for exercise equipment or getting a diploma—all from the comfort of our cushy recliner.



1947 ***(Background)*** **Having a television—even one dressed up in traditional cabinetry—was about as familiar as having a martian spaceship land in your living room. This console also housed a radio and phonograph.**



continued on page 162

alien vs. friend

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Lynne's flawless blending of the Groggers' primitive antiques is evident throughout the house. At the doorway between the dining room and the family room stands this beautiful old pie cabinet (below). Lynne uses a hand-stitched quilt as a wall hanging. (She also displays an extensive collection of quilts on the second-floor landing.) Other touches of brass, copper, wood, and glass add to the cozy feeling of the Groggers' home. Glass doors on the breakfront (left) allow a peek at their treasured glassware collection.

Decorating
then & now

Country Cleans Up

Since it arrived on the scene in the 1970s, few furniture styles have had the staying power of country. But these days, country is becoming more of a world traveler. French Country, English Country, Scandinavian Country, or just good old American Country—no matter what the accent, this down-home approach to decorating still warms our hearts and soothes our souls. As our lives have become more hectic and high-tech, country is as vital today as ever. Brighter colors—and plenty of pure, airy white—have taken the place of the somber browns and grayed tones of the past. We've also adopted a pared-down approach to collecting, preferring to let a few special treasures speak personally of our passions.

1979 *(Above)*
Following the social upheaval of the '60s and '70s, many Americans were ready for a decorating style that was reassuringly nostalgic. Even people who had never lived outside the city began scouring antiques stores and country auctions for oak furniture, vintage quilts, and other farmhouse collectibles. The look was warm and inviting but tough to clean.



quaint vs. crisp

continued on page 164

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Decorating
then & now

The Next 75 Years

It's hard to predict the future, but some things seem certain: Americans will continue to view their homes as places of refuge and personal expression. Comfort will remain a top priority. And a connection to nature will be even more important, as soothing colors and eco-friendly materials (such as the water hyacinth table and chair *below*) soften the edges on an increasingly technological world. One more thing is sure: As tastes change—and more often, stay the same—*BH&G*® will be there, helping to find and define the styles of our times.

1966 (*Above*) "Back to Nature" was the rallying cry, as a new generation grew its hair long, planted organic vegetables, and protested the Vietnam War. On the home front, the trend was interpreted quite literally, with living spaces that resembled lush indoor gardens.



earthy vs. elegant

Buying information, page 60

In the height of the Great Depression, Erie Sauder rolled up his sleeves and opened a shop making custom cabinets and church pews. Naysayers were plentiful. Little else was.



But Erie had a saying: "It's amazing what you can do when you don't know it can't be done." He worked hard and produced an honest value. Just as Sauder does today. This entertainment center from our Mission Collection is testament to that.

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Good morning kitchens



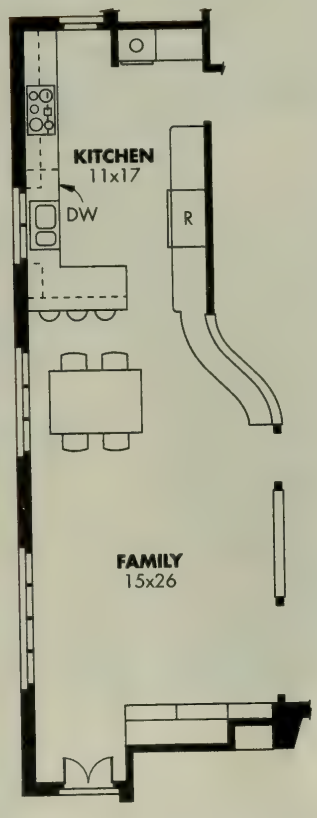
WAKE UP WITH THE SUN This kitchen knows how to help you rise and shine. Instead of booting you out the door to start yet another busy day, it coaxes you to linger. Butter your toast at the kitchen counter, spread the newspaper out on the dinette table to finish the crossword puzzle, and then ease into one of the family room chairs and relax as the sun warms you through a trio of skylights.

by Steven Mumford



Good morning kitchens





Buttercup-yellow soffits mirror the gently curving, honey-toned counter ledge.

Custom wall cabinets feature glass fronts and sides that make even everyday dishes sparkle.

PHOTOGRAPHS: BILL STITES. ARCHITECT: PAUL BENOWITZ/DIPTI SHAH. REGIONAL CONTRIBUTOR: BONNIE MAHARAM

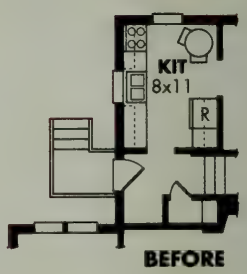
As the morning sun rises, its rays creep into these remodeled rooms as softly as a kitten padding onto the lustrous oak floors. And just as playfully as a kitten, the light dances across the French-vanilla-colored cabinets, green granite counters, and shiny, tiled backsplash.

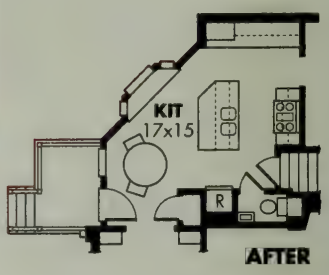
If you like to garden, you'll love the revamped rooms. They provide as many openings to the outdoors as possible, and in the spring, early risers can open up the French doors in the family room to enjoy the sun *and* the scent of fresh flowers. In the work center, an extra-wide window over the sink, coupled with a generous skylight above, makes even tedious tasks—such as peeling potatoes and scrubbing skillets—more tolerable.

Oak plank flooring unifies the kitchen with the new dining/family room, while furniture groupings designate each space. An S-shaped cabinet helps soften the many straight-edged lines as it smooths the transition between the kitchen and the wider dining/family room. But the counter isn't just for architectural effect—it makes an ideal buffet when the couple entertains.

continued on page 170







A SMALL-SPACE STRETCH

It took years before Lyn Bearinger and Michael Resnick saw the light. But now, after completing a long-awaited remodeling project, they see it every single day.

By adding 120 square feet and a bay window, they transformed a dark, uninspiring kitchen into a welcoming space where they cook, eat, and enjoy each other's company.

But the bay window by itself wasn't enough to deliver adequate daylight to the cooking center, so other design elements had to be carefully considered. To ensure that light would penetrate the entire space, Lyn and Michael kept the floor plan open and hung short cabinets above the island. This left the view from the range to the window unobstructed, and once the light reaches the back wall, it keeps shining as it bounces from surface to surface off reflective stainless steel and polished granite.

The addition also created space for the couple's round oak table, a family heirloom refinished by Lyn's father and passed along as a gift.

continued on page 172

Short cabinets above the island mean the homeowners don't have to bend down to talk when working together at the island.

A clever window seat (*above left*) gives the room a sitting area without costing any floor space; drawers below hold linens.

PHOTOGRAPHS: SUSAN GILMORE. ARCHITECT: ANDREW PORTH. REGIONAL CONTRIBUTOR: LISA CICOTTE





A little light in just the right places can turn a good kitchen into one that says good morning.

Wood floors and cabinetry around the commercial range prevent the large stainless steel appliance from looking institutional.

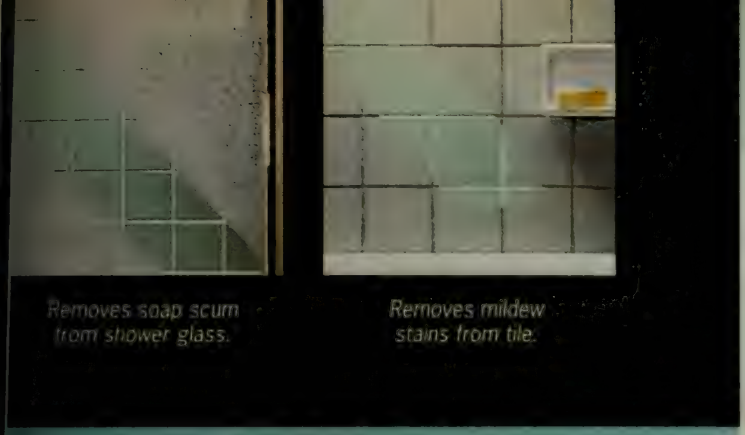
When the sun goes down, under-cabinet lights go up. These dimmable incandescents can brighten a work surface or be turned down to add evening ambience.



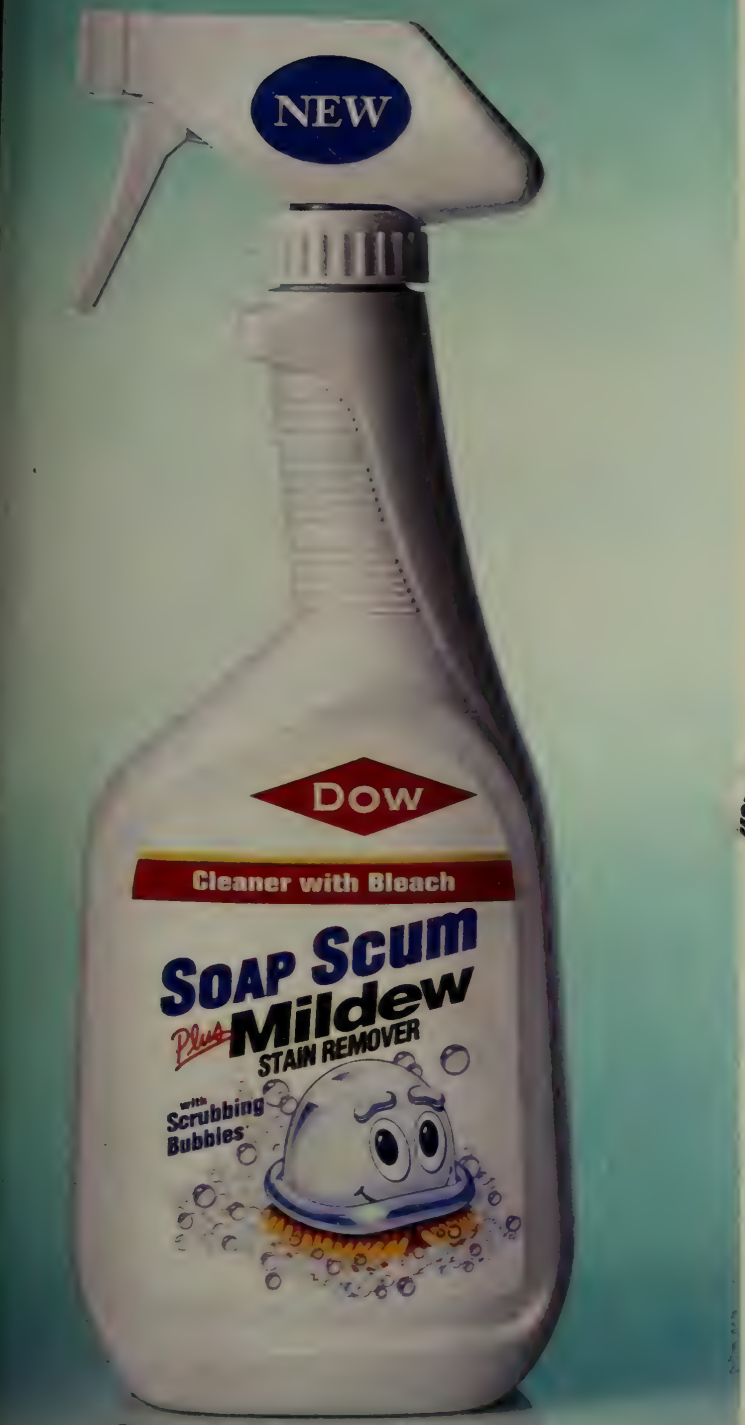
Like many cooking enthusiasts, Lyn and Michael had their hearts set on owning a commercial range—they liked the look and wanted to take advantage of features such as a grill, a convection oven, and an ultra-low-temperature burner used for simmering. At the same time, however, they didn't want the range to make the whole room seem sterile and institutional. A liberal use of light-colored woods prevents this from happening and gives the space its casual feel.

There's a lot more to this kitchen than great looks. Smart design features that keep everything within reach can make the difference between a perfect soufflé and a fallen, cracked cheesecake. Stone counters on either side of the range can withstand the heat of right-out-of-the-oven cookware, and ample cabinetry up top keeps ingredients handy.

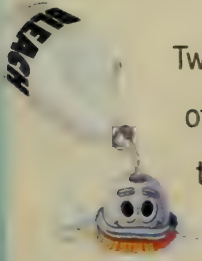
Buying information, page 60







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Our Best RECIPES



This month, you'll find:

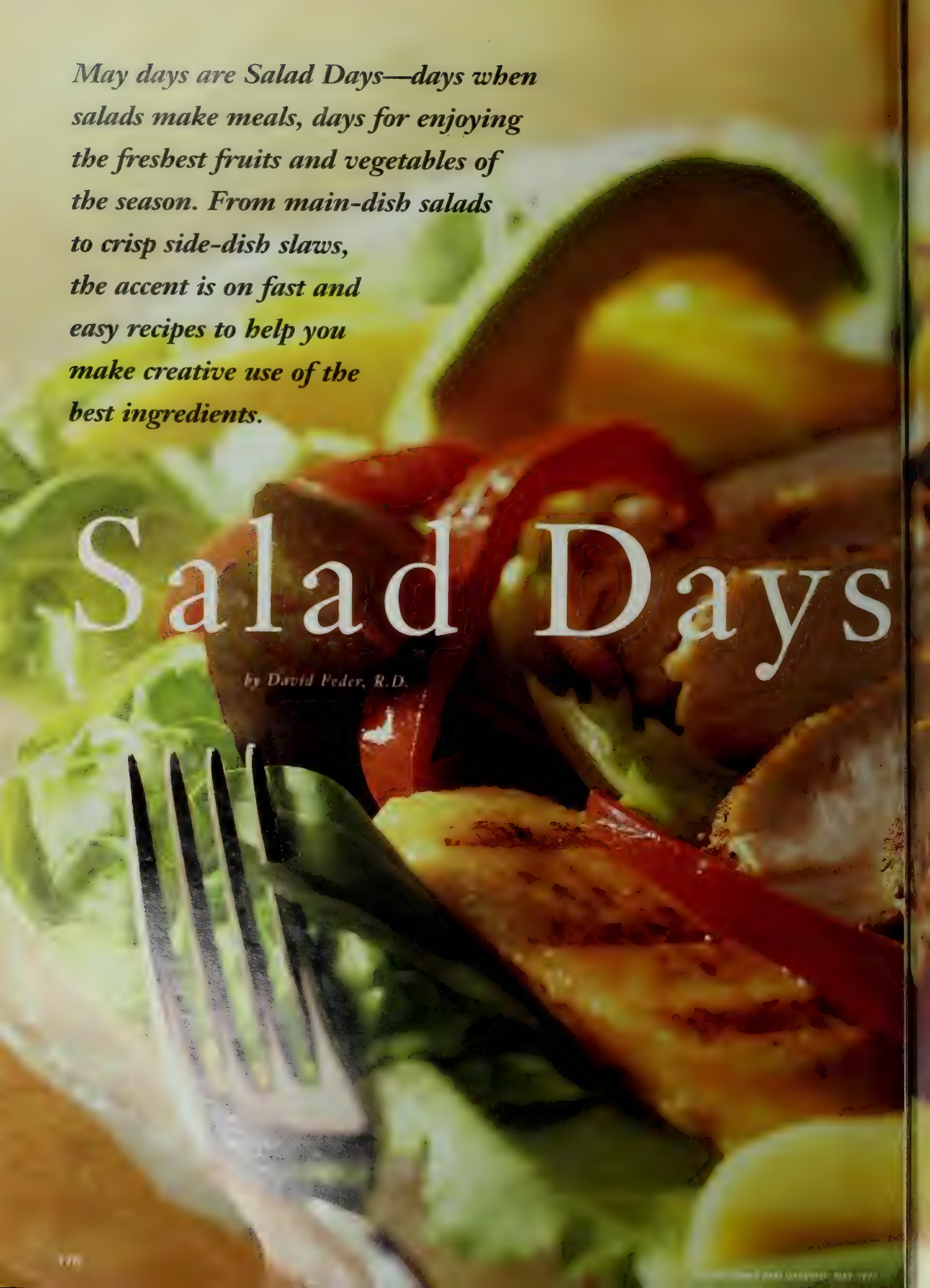
Salad Days page 176

The best and brightest produce to celebrate spring salad days:

Readers' Prizewinning Recipes
Low-Fat Main Dishes and
Punches and Coolers

Grilled Vegetable Salad
See recipe, page 188

PHOTOGRAPHS: TONY GLASER FOOD STYLIST: LYNN GAGNÉ PROP STYLIST: NANCY HOPKINS



May days are Salad Days—days when salads make meals, days for enjoying the freshest fruits and vegetables of the season. From main-dish salads to crisp side-dish slaws, the accent is on fast and easy recipes to help you make creative use of the best ingredients.

Salad Days

by David Feder, R.D.

Oriental Cabbage Slaw

Brisk slaws, such as this napa cabbage lightly dressed with tangy rice vinegar and red chili paste, add a crisp touch to sit-down dinners, light lunches, or even picnics.



Jerk Chicken Salad

In the Caribbean, where summer lasts all year, the locals beat the heat with a little heat of their own. Grilled "jerk" (spice-rubbed) chicken, cool mixed greens, and fresh fruits and vegetables come together in perfect concert for this one-dish tropical lunch.

Recipes begin on page 190



Turkey and Pasta Salad

The noodles aren't the only twist to this pasta salad. Pairing fruit with pasta makes a perfect Sunday brunch side dish. To keep the flavor combination uncomplicated, use just one or two fruits and one herb.

Salad Days

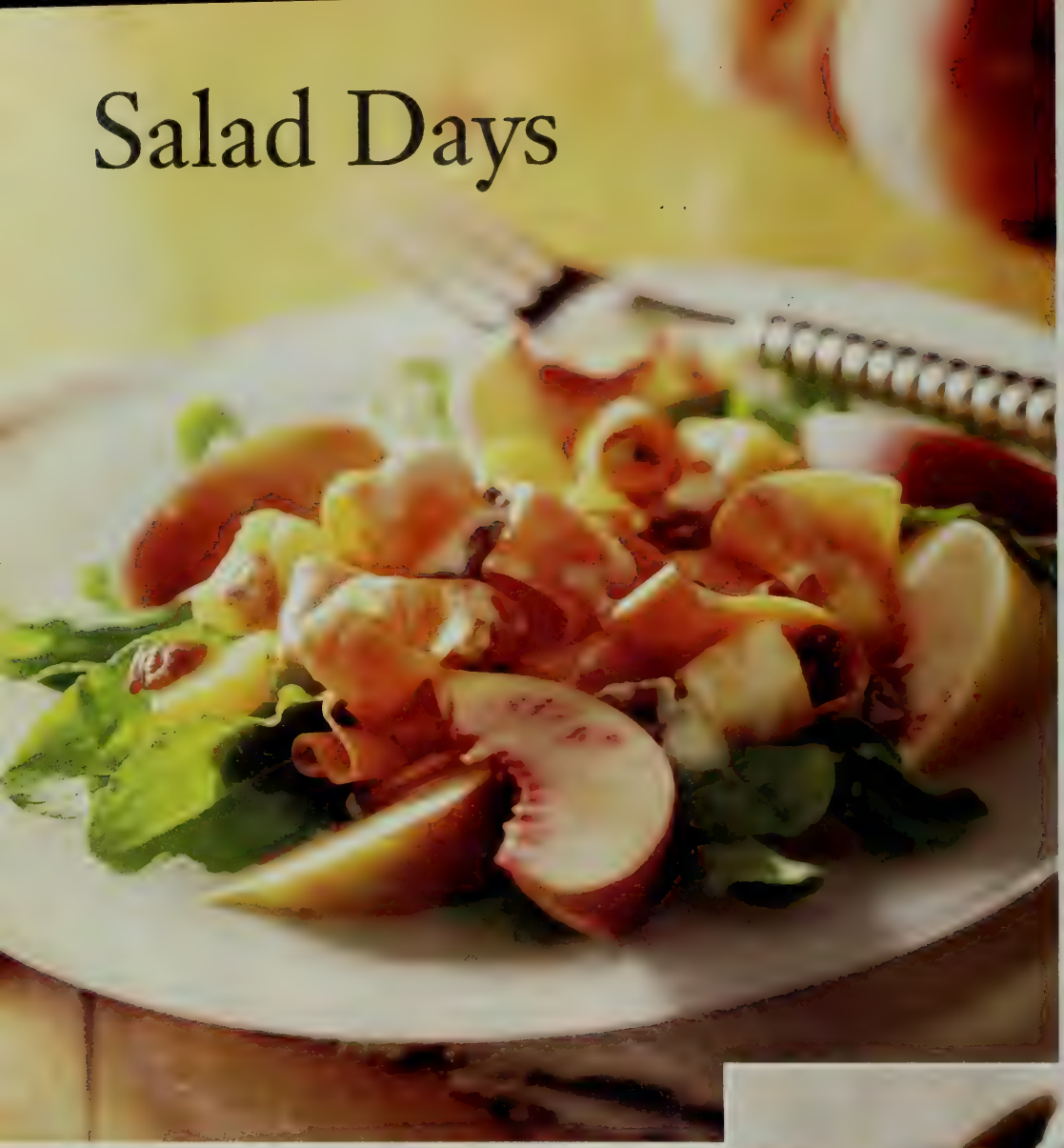


"Texas Caviar" Salad

Southern hospitality is a matter of comfort and simplicity. Black-eyed peas and jalapeños—known in the Lone Star state as Texas Caviar—become a down-home salad with the addition of fresh tomato wedges and yellow squash.

Flank Steak Salad with Cantaloupe

Salad Days



Carrot and Bean Salad

Carrot salad gets an update with peach slices and yogurt dressing. This high-nutrition picnic side dish travels well—to the park, to the beach, or just to your own backyard.

Scallop, Mussel, and Asparagus Salad

Elegant, yet simple: This seafood salad for two showcases the freshest catch. Prepare the ingredients ahead. When serving, add a couple wedges of fresh lime for squeezing.

Recipes begin on page 194



Get your chicken kickin' with Pace® Picante Sauce.



Texas Two-Step Chicken Picante

PREP TIME: 5 MIN.

- 1 1/2 cups Pace® Picante Sauce
- 3 tbsp. packed light brown sugar
- 1 tbsp. Dijon-style mustard

COOK TIME: 20 MIN.

- 4 Tyson Holly Farms® boneless, skinless chicken breasts
- 3 cups hot cooked rice

Step 1. Mix picante sauce, sugar and mustard. Place chicken in 2-qt. shallow baking dish. Pour picante sauce mixture over chicken.

Step 2. Bake at 400°F. for 20 min. or until chicken is done. Serve with rice. Serves 4.

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Salad Days





Middle Eastern Salad Plate

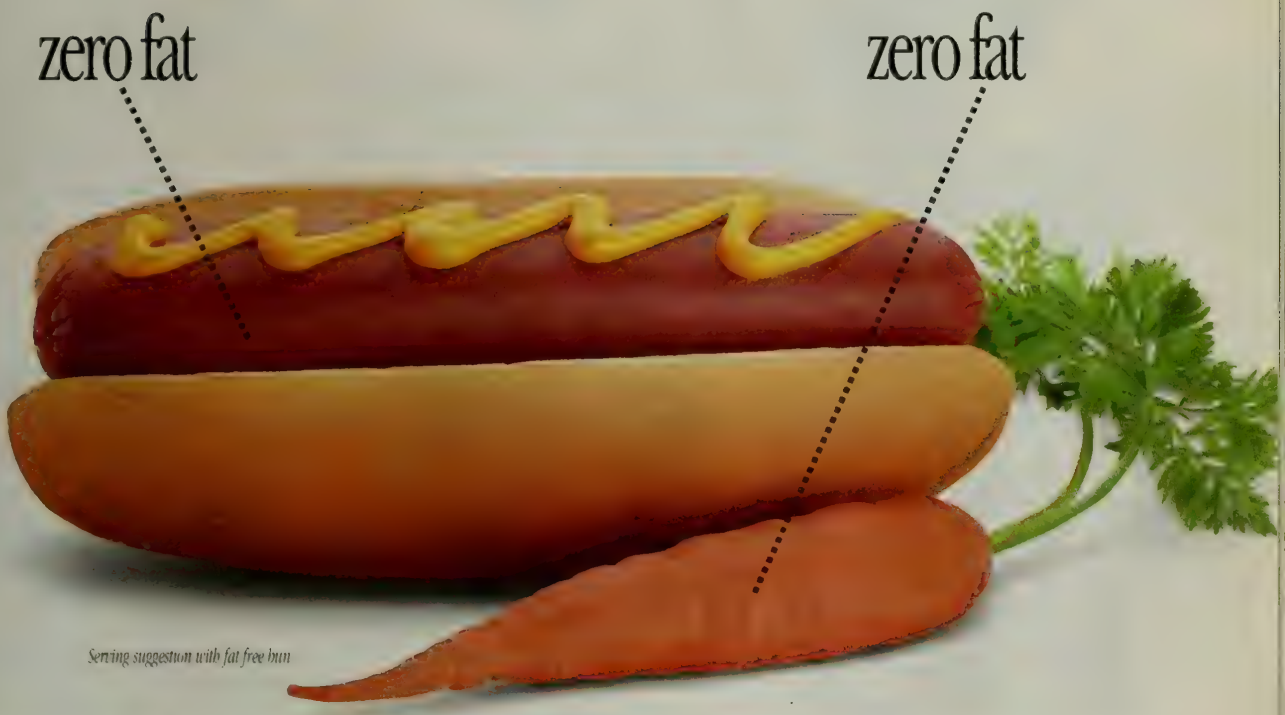
Hummus (ground chickpeas) coupled with a simple tomato and cucumber salad is a favorite combo in the Middle East. Stack warm pita bread high and enjoy this pair as an appetizer or a late-afternoon snack.

Barley and Wild Rice Toss

Grain salads are popular additions to the menu at potluck lunches and outdoor get-togethers. Accent the nutlike flavor of grain with other subtly flavored ingredients, such as mushrooms and wild rice.

Recipes begin on page 194. Buying information, page 60

What's for lunch?



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Salad Days

continued from page 182



Sorrel (SOR-uhl)
Similar to spinach, sorrel has smaller and narrower leaves that are lighter green in color. It is often cooked in soups, but when used raw in salads, sorrel contributes a fresh flavor that expresses hints of citrus.



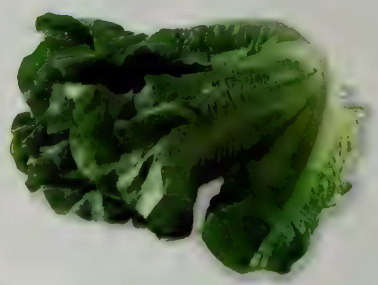
Radicchio (ruh-DEE-kee-oh)
Resembling a small red cabbage, this tangy relative of chicory has a slightly bitter, nutlike flavor. Shredding it into salads adds a unique flavor as well as bright color.



Curly Endive
This is another member of the chicory family. Its filigreed edges and pungent bite add texture and flavor to basic salad. The younger baby endive has leaves that are more tender and less bitter than a mature curly endive.



Green Leaf Lettuce
This popular lettuce has crisp edges and soft leaves, yet subtle flavor. The heart of this variety is sweet and can be cut up and included in salads for extra crunch.



Romaine
The lettuce of Caesar salads, romaine is bold and crisp and adds snap to any salad. It can also be "wilted" with heated dressing for warm salads. Hearts of romaine make an excellent side dish when cooked with minced garlic and fresh pepper in a little olive oil.



Red Leaf Lettuce
The leaves of this head lettuce are much softer than its green leaf cousin and have an almost buttery flavor. Clean this lettuce carefully, though, as it is hard to spot any brown edges along its deep red leaves. You'll also need to use this lettuce quickly, as it is not as hardy as some of the other varieties.



Watercress
The best watercress has dark green leaves, sometimes with hints of red or purple. Its flavor is reminiscent of pepper and peaches. Clean watercress carefully, discarding any yellowing leaves. Rinse it well to remove any clinging mud. Refrigerate watercress, loosely covered, upright in a cup with an inch of fresh water on the bottom.



Bibb Lettuce
Also called Boston, butternut, or butterhead lettuce, Bibb is prized for its soft leaves and sweet taste. An added plus is that there is usually very little waste with this variety.



Arugula (uh-ROO-guh-luh)
This Mediterranean green has a spicy flavor and is delicious either fresh or steamed. You'll find arugula year-round, although spring and early summer are prime time. Look for slender, dark green leaves. The older and larger leaves have more of a bite.

continued on page 188

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Salad Days

continued from page 184

QUICK BREAD SALAD

In Italy, day-old bread is put to good use as a replacement for croutons. The large cubes of sourdough bread hold the dressing as croutons can't.

- ¼ cup olive oil
- 3 Tbsp. red wine vinegar
- 3 Tbsp. snipped fresh oregano
- ½ tsp. sugar
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ lb. whole wheat sourdough or other country-style bread, cut into 1½-inch cubes
- ½ of a 10-oz. pkg. purchased torn Italian-style mixed salad greens (about 5 cups)
- 1 medium tomato, cut into thin wedges
- ¼ cup halved yellow cherry tomatoes or yellow sweet pepper, cut into ½-inch squares
- ½ cup Greek or other olives

In a screw-top jar combine oil, vinegar, oregano, sugar, salt, and pepper. Cover tightly and shake well.

In a large salad bowl combine bread cubes, torn Italian-style mixed greens, tomato wedges, cherry tomatoes or sweet pepper, and olives. Add dressing; toss and serve. Makes 6 side-dish servings.

Nutrition facts per serving: 151 cal., 11 g total fat (1 g sat. fat), 0 mg chol., 238 mg sodium, 13 g carbo., 1 g fiber, 2 g pro. Daily Values: 7% vit. A, 15% vit. C, 3% calcium, 7% iron.

GRILLED VEGETABLE SALAD

When grilling vegetables, use the cooking times provided as a guide. Vegetables may need more or less grilling time depending on their thickness and the heat of the coals.

- 1 medium red onion, cut into ¾-inch-thick slices
- 1 medium eggplant, cut cross wise into 1-inch-thick slices
- 2 large red sweet peppers, cut into ¾-inch-thick rings
- 1 medium zucchini, sliced lengthwise into ¼-inch slices
- 1 medium yellow squash, sliced lengthwise into ¼-inch slices
- 6 thin asparagus spears
- ¼ cup olive oil
- Fresh ground pepper
- Salt (optional)
- 6 cups torn mixed greens (such as mesclun mix)
- ¼ cup balsamic vinegar
- ¼ cup snipped fresh basil

Brush the prepared vegetables with olive oil and sprinkle each side with pepper and salt, if desired. Lay vegetables perpendicular to wires on the rack of an uncovered grill directly over medium to medium-hot coals.

Grill onion, eggplant, and pepper rings for 8 to 10 minutes. Grill zucchini, squash, and asparagus for 5 to 6 minutes or till crisp-tender, turning occasionally. Arrange vegetables on torn mixed greens. Splash with balsamic vinegar and top with basil. Makes 6 side-dish servings.

Nutrition facts per serving: 139 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 24 mg sodium, 13 g carbo., 4 g fiber, 3 g pro. Daily Values: 38% vit. A, 101% vit. C, 3% calcium, 11% iron.

continued on page 190



Bread salads have an invitingly casual attitude, reminiscent of the sun-drenched Italian countryside. Serve bread salads alongside platters of fresh cheeses and pickled vegetables.

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Becky Haines
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Salad Days

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ORIENTAL CABBAGE SLAW

Napa cabbage (also called Chinese cabbage) is a long, pale yellow-green cabbage with a tightly packed head. The leaves are crisp and wrinkly, and the flavor is mild and faintly sweet.

- 1 medium cucumber, halved lengthwise and thinly sliced
- 1 cup fresh pea pods, halved
- ¼ cup rice vinegar
- 1 Tbsp. salad oil
- 2 tsp. toasted sesame oil
- ½ tsp. sugar
- ⅛ tsp. salt
- ½ tsp. red chili paste (optional)
- 4 cups shredded napa cabbage
- ½ cup coarsely chopped honey-roasted peanuts

In a large mixing bowl combine cucumber and pea pods. For dressing, in a small mixing bowl stir together vinegar, salad oil, sesame oil, sugar, salt, and red chili paste, if desired. Pour over cucumber and pea pods, stirring to coat. Cover and chill for 4 to 24 hours. Just before serving, stir in cabbage and peanuts. Makes 8 side-dish servings.

Nutrition facts per serving: 85 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 61 mg sodium, 6 g carbo., 2 g fiber, and 3 g pro. Daily Values: 6% vit. A, 40% vit. C, 3% calcium, 5% iron.

JERK CHICKEN SALAD

Jerk seasoning—a blend of chili, thyme, garlic, onion, and ginger—derives its name from Jerk Island, near Jamaica in the Caribbean.

- ⅓ cup olive oil
- 2 Tbsp. lime juice
- 2 tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
- 1 tsp. honey
- 1 lb. skinless, boneless chicken breast halves
- 1 plantain, 2 red bananas, or 1 large yellow banana, sliced
- 2 Tbsp. Jamaican jerk seasoning
- 1 medium red or yellow sweet pepper, cut into strips
- 6 cups torn mixed greens
- 1 medium avocado, halved, peeled, and cut into thin wedges
- 1 medium mango, peeled and cut into thin wedges*

In a screw-top jar combine oil, lime juice, thyme, and honey; cover and shake well. Remove 1 tablespoon of the dressing. Set remaining dressing aside. Rinse chicken and pat dry. Brush chicken and plantain or red bananas with the 1 tablespoon reserved dressing.

Rub jerk seasoning onto chicken. Grill chicken on an uncovered grill directly over medium coals for 12 to 15 minutes or till no longer pink, turning once. Remove chicken from grill; cut into strips and set aside. Grill plantain or red banana slices (if using yellow banana, do not grill) and pepper strips over medium coals for 8 minutes or till tender.

In a large bowl gently toss together greens and remaining dressing. Divide among 4 large plates. Top each serving with one-fourth of the chicken, sweet peppers, plantain or banana, avocado, and mango. Makes 4 main-dish servings.

**Note:* To cut mango into wedges, peel, if desired, and cut in half by sliding a sharp knife next to the seed along each side of the mango. Then, cut each half into wedges.

Nutrition facts per serving: 492 cal., 29 g total fat (5 g sat. fat), 59 mg chol., 364 mg sodium, 38 g carbo., 7 g fiber, and 26 g pro. Daily Values: 84% vit. A, 131% vit. C, 8% calcium, and 25% iron.

PICK A PEPPERCORN

When ground from the whole dried berry, pepper's natural sweetness comes through its heat. Pepper, the world's most popular spice, is used in many of these salad recipes to accent the fresh flavor of the springtime greens. Peppercorns come in black, green, and white, each with a different flavor and intensity.

Black, green, and white peppercorns are actually berries from the *Piper nigrum* vine. Pepper's strong flavor comes from volatile oils in the berry. Over time, the flavors from these oils dissipate and only the heat remains. Keep pepper in tightly-sealed containers and discard any pepper older than six months.

Green: These soft green berries are picked while still immature, giving them a mild flavor. They are available freeze-dried or packed in brine solution.

Black: For black pepper, the berries are harvested while slightly underripe, then sun-dried. These are the strongest and most aromatic of the three peppercorns.

White: These mild-tasting peppercorns come from mature berries. The outer skins are removed, leaving the white peppercorns inside. They are sold whole or ground.

TURKEY AND PASTA SALAD

This healthful salad is low in fat and packed with plenty of B vitamins, vitamin C, and protein.

- 6 oz. radiatori or rotelli pasta
- 1 medium apple, cored and cut into very thin slices
- 1 Tbsp. lime or lemon juice
- ½ lb. smoked turkey breast, cut into bite-size pieces
- 1 cup fresh strawberries, quartered
- ½ cup sliced celery
- ¼ cup fat-free plain yogurt
- 2 Tbsp. fat-free mayonnaise dressing or salad dressing
- 2 Tbsp. skim milk
- 4 tsp. Dijon-style mustard
- ¼ tsp. celery seed
- 1 Tbsp. fresh marjoram leaves

Cook pasta according to package directions; rinse with cold water and drain well. Toss apple slices with lime or lemon juice to coat. In a large mixing bowl combine the cooked pasta with apple, turkey, strawberries, and celery.

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More "thank-yous" per serving than any other side dish.
KRAFT
Stove Top
CHICKEN
KRAFT
Stove Top
CHICKEN
Everything else is just stuff.



Add a little color to every bite.
Marinate with Wish-Bone.

WISH-BONE MARINATED STEAK ITALIANO

¾ cup WISH-BONE® ITALIAN DRESSING
2–2½-pound boneless sirloin, top loin or flank steak

In shallow dish, pour ½ cup dressing over steak. Cover and marinate in refrigerator 3 to 24 hours.

Remove steak, discarding marinade. Grill or broil, turning once and brushing with remaining dressing, until steak is done. Serve with grilled marinated vegetables. Makes 8 servings.

ORIENTAL STEAK

½ cup WISH-BONE® ITALIAN DRESSING
½ teaspoon ground ginger (optional)
2 tablespoons firmly packed brown sugar
2 tablespoons soy sauce
1–1½-pound flank, top round or sirloin steak

In shallow dish, combine all ingredients except steak. Add steak; turn to coat. Cover and marinate in refrigerator 3 to 24 hours.

Remove steak, reserving marinade. Grill or broil until steak is done. Boil reserved marinade 1 minute; pour over steak. Makes 6 servings.



Wish-Bone. World's Most Colorful Taste.

Salad Days

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For dressing, in a small mixing bowl combine yogurt, mayonnaise or salad dressing, milk, mustard, and celery seed. Drizzle dressing over pasta mixture; toss gently to coat. Top with marjoram. Makes 8 side-dish or 4 main-dish servings.

Nutrition facts per side-dish serving: 140 cal., 1 g total fat (0 g sat. fat), 12 mg chol., 415 mg sodium, 23 g carbo., 1 g fiber, and 10 g pro. Daily Values: 0% vit. A, 21% vit. C, 3% calcium, and 7% iron.

"TEXAS CAVIAR" SALAD

If you want this Southwestern salad to pack more punch, use extra jalapeños. Serve with baked tortilla chips for some crunch in your lunch.

- 1 Tbsp. cooking oil
- 2 yellow summer squash, thinly sliced crosswise (about 1½ cups)
- 1 to 2 jalapeño peppers, seeded and chopped (about 2 Tbsp.)*
- 2 cloves garlic, minced
- ½ tsp. cumin seed, crushed
- 1 16-oz. can black-eyed peas, rinsed and drained
- 1 green onion, sliced (2 Tbsp.)
- 1 tsp. snipped fresh cilantro
- ¼ tsp. salt
- 2 medium tomatoes, cut into thin wedges

In a medium skillet heat oil; cook squash, peppers, garlic, and cumin, uncovered, for 8 minutes or till squash is tender, stirring occasionally. Remove from heat; let cool.

Combine squash mixture with peas, green onion, cilantro, and salt. Cover and chill up to 24 hours. Toss tomato wedges with chilled pea and squash mixture before serving. Makes 4 side-dish servings.

**Note:* Because hot peppers contain oils that can burn eyes, lips, and sensitive skin, wear plastic gloves while preparing them and be sure to wash hands thoroughly afterward.



Nutrition facts per serving: 163 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 447 mg sodium, 24 g carbo., 7 g fiber, and 7 g pro. Daily Values: 6% vit. A, 44% vit. C, 4% calcium, and 6% iron.

FLANK STEAK SALAD WITH CANTALOUPE

The green beans in this salad can be left uncooked, if desired. Choose crisp, dark green beans that stand up straight and snap easily.

- 1 8-oz. bottle Italian salad dressing
- 2 tsp. finely shredded lemon peel
- 1 lb. beef flank steak
- Lemon-pepper seasoning
- ½ lb. fresh haricotes vert or other young, tender green beans, trimmed
- 5 cups torn leaf lettuce
- 3 cups fresh watercress or arugula
- 1 medium cantaloupe, cut into wedges
- Teardrop or other cherry tomatoes (optional)

Mix salad dressing and lemon peel. Sprinkle steak with lemon-pepper seasoning. Place steak in a plastic bag set in a glass dish; pour ¾ cup of the dressing mixture over meat. Seal bag and marinate in refrigerator for 12 to 24 hours, turning occasionally. At serving time, remove steak from bag; discard excess marinade. Grill steak over medium-hot coals for 12 to 14 minutes or till it reaches desired doneness, turning once.

Meanwhile, in a medium saucepan add beans to boiling water and simmer, covered, for 2 minutes or till crisp-tender; drain and rinse in cold water and set aside. In a large mixing bowl toss the green beans with the lettuce and watercress; arrange tossed salad mixture on individual dinner plates.

HYDROPONIC TOMATOES

When shopping for tomatoes, you've probably noticed the red, luscious-looking tomatoes in your grocery store labeled "hydroponic." This means they were grown in a greenhouse in a nutrient solution instead of soil. What can you expect from these greenhouse gems?

Better flavor: Vine-ripening develops more flavor. Hydroponics are vine-ripened, then shipped to nearby markets. Most other tomatoes are picked green for long-distance shipping, then ripened with gas.

Fewer pesticides: By growing hydroponic produce indoors, the growers can successfully use fewer pesticides, together with non-chemical controls.

Higher price: The cost of intensive labor and controlled-environment greenhouses increases the price.

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Salad Days

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Thinly slice the flank steak across the grain and arrange slices onto each plate. Serve with cantaloupe wedges, and garnish with tomatoes, if desired. Drizzle salad with remaining ¼ cup dressing. Makes 6 main-dish servings.

Nutrition facts per serving: 248 cal., 15 g total fat (4 g sat. fat), 35 mg chol., 245 mg sodium, 12 g carbo., 1 g fiber, 16 g pro. Daily Values: 37% vit. A, 76% vit. C, 4% calcium, 14% iron.

SCALLOPS, MUSSELS, AND ASPARAGUS SALAD

When purchasing live mussels, be sure they are moist and have tightly closed shells with no chips or cracks.

- 6 large or 12 small fresh mussels in shell
- ½ lb. fresh asparagus spears
- 2 tsp. cooking oil
- ½ lb. fresh sea scallops
- ⅓ cup light dairy sour cream
- ½ tsp. finely shredded lime peel
- 2 tsp. lime juice
- ⅛ tsp. pepper
- 2 tsp. salmon roe or red caviar
- 1 head Bibb lettuce
- Fresh chives
- Lime wedges

Scrub mussels under cold running water; remove beards and discard. Soak the mussels in *cold salted water* for 15 minutes, then drain and rinse. Repeat soaking, draining, and rinsing twice more. Cover clean mussels and set aside.

"TLC" FOR SALAD GREENS

The different leaf lettuce varieties, such as romaine and green leaf, can be washed ahead of time and stored for several days. Remove the core and pull apart the separate leaves. (Do not cut away stems and ribs till ready to prepare salad.)

Remove brown-edged, bruised, wilted, or old leaves. Wash greens first under cold running water, then tear or separate the leaves and rinse them in a colander under cold running water.

Shake washed lettuce greens dry. If they're very sandy or gritty, repeat washing and rinsing steps. Layer leaves on paper towels and store in a sealed container or sealable plastic bag. Cleaned lettuce will keep this way for a week.

In a large saucepan bring 1 cup *water* just to boiling. Place asparagus in saucepan and cook, covered, about 3 minutes or till crisp-tender. (Do not overcook.) Remove asparagus, reserving water in saucepan. Rinse asparagus in cold water; cover and chill. Meanwhile, return water just to boiling. Add mussels to water and simmer, covered, for 5 minutes or till shells open. (Discard any mussels that do not open.) Drain and rinse mussels; cover and chill thoroughly.

Heat oil in nonstick skillet. Cook scallops in hot oil for 1 to 3 minutes or till scallops are opaque; remove scallops; cover and chill. In a small bowl combine sour cream, lime peel, lime juice, pepper, and 1 teaspoon of the roe or caviar. Cover and chill.

Arrange chilled mussels, scallops, and asparagus on leaves of lettuce. Serve with sour cream mixture and remaining roe or caviar. Garnish salad with chives and lime wedges. Makes 2 main-dish servings.

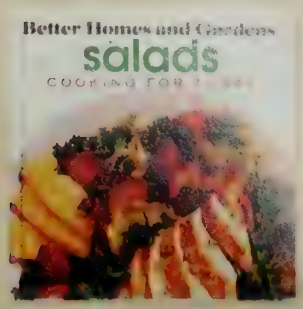
Nutrition facts per serving: 305 cal., 12 g total fat (3 g sat. fat), 103 mg chol., 511 mg sodium, 16 g carbo., 2 g fiber, 35 g pro. Daily Values: 25% vit. A, 51% vit. C, 15% calcium, and 46% iron.

MIDDLE EASTERN SALAD PLATE

This dish is popular from Athens to Zanzibar. It's fast, easy to make, and high in fiber.

- 2 medium cucumbers
- 2 medium tomatoes
- ¼ cup snipped parsley
- 2 Tbsp. white wine vinegar
- 3 Tbsp. olive oil
- ⅛ tsp. salt
- ⅛ tsp. coarse black pepper
- 1 15- or 16-oz. can chickpeas (garbanzo beans)
- ½ cup tahini*
- 4 cloves garlic, minced
- 1 Tbsp. lemon juice
- ¼ tsp. salt
- 8 large pita bread rounds
- ⅛ to ¼ tsp. ground red pepper

Peel cucumbers, if desired. Chop cucumbers and tomatoes; toss together with parsley, vinegar, 1 tablespoon of olive oil, ⅛ teaspoon salt, and black pepper. Cover and chill. Meanwhile, to make hummus, drain chickpeas, reserving liquid. In food processor bowl combine chickpeas, tahini, and garlic.



SPECIAL BOOK OFFER

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Nutrition Facts per serving	Cholesterol (mg)	Saturated Fat (g)	Total Fat (g)
Butter	31	7	11
Margarine	0	2	11
ICBINB! Light	0	1	6

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2. Prizes consist of: (1) one Grand Prize of $5,000; (2) 49 runners-up will receive $50, *Better Homes and Gardens® New Cook Book*, recipe cards for all 50 winning recipes, a recipe tin, and certificates redeemable for Reddi-wip whipped topping.
3. To enter, type or print your name, address and telephone number along with ingredients and instructions on one side of 8.5 x 11-inch paper. By July 4, 1997, mail one entry per envelope to: Reddi-wip Fifty Fruit Salute Contest, LS-100, 1716 Locust Street, Des Moines, Iowa, 50309-3023. Winners will be notified by mail no later than August 22, 1997.
4. For complete rules and regulations, please send a self-addressed, stamped envelope to Fifty Fruit Salute Contest Rules (address above). Or visit the Reddi-wip web site at www.beatricecheese.com.



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Salad Days

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Add 1 tablespoon of remaining olive oil, lemon juice, and ¼ teaspoon salt; cover and process till smooth, adding enough chickpea liquid till hummus is same consistency as thick oatmeal.

Wrap pita rounds in foil and heat in a 350° oven for 30 minutes or till warm. Cut warm pita rounds into wedges. Spoon hummus onto plates, drizzle with remaining olive oil, and sprinkle with red pepper. Serve with cucumber and tomato salad. Makes 6 side-dish servings.

**Note:* Tahini, a puree of sesame seeds, can be found in larger supermarkets, Middle Eastern markets, or other specialty food stores.

Nutrition facts per serving: 473 cal., 19 g total fat (3 g sat. fat), 0 mg chol., 802 mg sodium, 64 g carbo., 5 g fiber, and 14 g pro. Daily Values: 6% vit. A, 36% vit. C, 11% calcium, and 33% iron.

CARROT AND FRUIT SALAD

This carrot salad will stay fresh and crisp for two to three days if refrigerated in a tightly sealed container.

- 2 medium carrots, peeled
- 1½ cups fresh pineapple chunks or one 15-oz. can pineapple chunks, drained
- ¼ cup raisins
- ¼ cup pecan pieces
- ½ cup plain low-fat yogurt
- 1 Tbsp. frozen orange juice concentrate, thawed
- 1 medium white or yellow peach or nectarine
- 1½ cups torn sorrel leaves

Using a vegetable peeler, cut carrots lengthwise into thin strips (you should have about 2 cups). In a medium bowl combine carrot strips, pineapple chunks, raisins, and pecan pieces. Stir together yogurt and orange juice concentrate. Stir yogurt dressing into carrot mixture. Cover and chill thoroughly.

Cut peach or nectarine into thin wedges and toss with carrot salad. Serve on plates lined with sorrel leaves. Makes 4 side-dish servings.

Nutrition facts per serving: 164 cal., 5 g total fat (1 g sat. fat), 2 mg chol., 61 mg sodium, 28 g carbo., 4 g fiber, and 4 g pro. Daily Values: 102% vit. A, 43% vit. C, 8% calcium, 9% iron.

BARLEY AND WILD RICE TOSS

To make a more exotic version of this dish, use porcini or other mushrooms.

- ⅓ cup pearl barley
- ¼ cup wild rice
- 1 14½-oz. can chicken broth
- 1 Tbsp. olive or salad oil
- ½ lb. small button mushrooms
- 1 small onion, chopped (⅓ cup)
- 1 clove garlic, minced
- 2 Tbsp. sliced green onion
- ¼ cup white wine vinegar
- ¼ cup olive or salad oil
- 2 tsp. snipped fresh thyme
- ⅛ tsp. pepper
- 6 cups torn fresh spinach
- Mint blossoms (optional)

Rinse barley and rice. In a saucepan combine barley and rice with broth. Bring to boiling. Reduce heat; cover and simmer for 45 minutes or till liquid is absorbed.

In a large skillet heat the 1 tablespoon olive or salad oil and cook mushrooms, chopped onion, and garlic for 7 minutes or till mushrooms are cooked through; set aside. In a large mixing bowl combine barley and rice with mushroom mixture and green onion. Cover and chill.

Just before serving, combine vinegar, ¼ cup oil, thyme, and pepper in a screw-top jar and shake well. Toss barley mixture with dressing; serve on plates lined with spinach leaves. Garnish with mint blossoms, if desired. Season to taste. Makes 6 side-dish servings.

Nutrition facts per serving: 196 cal., 12 g total fat (2 g sat. fat), 0 mg chol., 265 mg sodium, 18 g carbo., 4 g fiber, 6 g pro. Daily Values: 38% vit. A, 30% vit. C, 5% calcium, 20% iron.



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the clever cook™

Each month, in this column, you'll find tips from other good cooks. See "Be a Clever Cook" (*right*) to find out how you can earn money for sharing your favorite cooking secrets with us.

Keep Coleslaw Crisp

To keep coleslaw from becoming soupy, stir in a little dry plain gelatin after adding the dressing. Use 1½ teaspoons for each pint of slaw.

Eloise McDonald, Federal Way, Wash.

Pressing Garlic

Put garlic cloves in your garlic press with the skin on. More garlic comes out and the skin doesn't get pushed through.

Julie Gottfried, Vallejo, Calif.

"Unchoking" an Artichoke

A melon-baller easily removes the fuzzy choke from an artichoke. After removing the inner pointed leaves, insert the melon-baller to scrape out the fuzzy choke. The artichoke will be clean and the melon-baller will not damage the delicate heart.

Debra Argen-Nesta, Phoenix, Ariz.

Baking Bags in the Slow Cooker

I use a baking bag in my crockery cooker to save on clean-up time. After dinner, I just throw the baking bag and mess away.

Kaye Benson, San Bernardino, Calif.

BE A CLEVER COOK

The food editors of *Better Homes and Gardens*® magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, more healthful, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters submitted become the property of *Better Homes and Gardens* magazine.



Sweet Hominy

They're not just for grits anymore, those treated dried kernels of white or yellow corn. Now, hominy's mild flavor lends a gentle antebellum accent to salads, soups, and stews. Dried hominy is prepared the same way as dried beans—best if soaked before boiling. Hominy is more commonly available canned, and you'll find it next to the canned beans in your supermarket. Yellow hominy has a roasted corn taste. White hominy has a more subtle flavor. This cool salad combines the simple, south-of-the-Mason-Dixon tastes of hominy, beans, and cabbage, spiked with hot pepper.



SCOTT LITTLE

HOMINY HOEDOWN SALAD

No longer restricted to Southern breakfasts, hominy shows off in this side dish.

- 1 16-oz. can hominy, rinsed and drained
- 1 16-oz. can black beans, rinsed and drained
- 1 cup shredded red cabbage, rinsed and drained
- 1 cup reduced-calorie Italian salad dressing
- 1 serrano pepper or jalapeño pepper
- ⅓ cup roasted red sweet peppers, thinly sliced

Place hominy, beans, and cabbage in separate small mixing bowls with ⅓ cup Italian dressing for each. Toss each mixture gently; cover and refrigerate till thoroughly chilled. Remove stem and seeds from serrano or jalapeño pepper and cut into thin strips.*

Arrange hominy, beans, and cabbage in three bands on salad plates. Garnish with roasted sweet pepper strips, and arrange serrano strips on top. Makes 4 to 6 side-dish servings.

Nutrition facts per serving: 192 cal., 7 g total fat (1 g sat. fat), 4 mg chol., 884 mg sodium, 30 g carbo., 6 g fiber, and 8 g pro. Daily Values: 13% vit. A, 78% vit. C, 4% calcium, and 11% iron.

**Note:* Because chili peppers contain oils that can burn your eyes, lips, and skin, wear rubber gloves and refrain from touching sensitive body parts. After use, wash your knife and cutting surface thoroughly with warm, soapy water.

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Favorites Forever



Your family will wake up smiling when they catch a whiff of French Breakfast Puffs baking in the oven.

What we said 25 years ago happily stands true today: State and county fairs all across our country put the spotlight on some of the best home cooking around. In 1972, French Breakfast Puffs turned some heads (including our editors') at the Champlain Valley Exposition in Vermont.

French Breakfast Puffs

The name for this recipe may sound more uptown than backroads, but many readers claim this prizewinner is one of the most delicious muffins they've ever tasted.

- 1½ cups all-purpose flour
- ½ cup sugar
- 1½ tsp. baking powder
- ¼ tsp. ground nutmeg
- ⅛ tsp. salt
- 1 egg
- ½ cup milk
- ⅓ cup butter or margarine, melted
- ¼ cup sugar
- ½ tsp. ground cinnamon
- ¼ cup butter or margarine, melted

In a mixing bowl combine flour, [illegible] cup sugar, baking powder, [illegible] and salt. Make a well in the center of the dry ingredients.

In another bowl beat egg slightly; stir in milk and ⅓ cup melted butter or margarine. Add egg mixture to flour mixture. Stir just till moistened (the batter may be lumpy). Lightly grease muffin cups. Fill cups about two-thirds full with batter. Bake in a 350° oven for 20 to 25 minutes or till muffins are golden.

Meanwhile, in a shallow bowl combine the ¼ cup sugar and cinnamon. Immediately dip tops of hot muffins into the ¼ cup melted butter or margarine, then into the cinnamon-sugar mixture till coated. Serve warm. Makes 12.

Nutrition facts per muffin: 191 cal., 10 g total fat (6 g sat. fat), 42 mg chol., 169 mg sodium, 24 g carbo., 0 g fiber, and 2 g pro. Daily Values: 9% vit. A, 0% vit. C, 5% calcium, and 5% iron.

MARY REYNOLDS & FRIENDS RAISED A LITTLE HELL AT THEIR CLASS REUNION.



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RAISE A LITTLE HELL WITH RO•TEL.





RO•TEL CHICKEN WITH FRUIT SALSA

1 can (10 oz) RO•TEL, drain and reserve juice
1 cup diced cantaloupe*
1 cup cucumber, peeled, seeded, chopped
1/4 cup finely chopped green onions
2 tablespoons lime juice
PAM® No Stick Cooking Spray
4 boneless chicken breast halves
1/2 cup white wine (optional)
1 tablespoon chopped fresh cilantro

Combine drained RO•TEL, cantaloupe, cucumber, green onions and lime juice; refrigerate. Place chicken in large skillet sprayed with PAM. Pour wine and RO•TEL juice over chicken. Heat to a boil; cover. Reduce heat; simmer 15 minutes or until chicken is done. Add chopped cilantro to fruit salsa; spoon over chicken. Makes 4 servings.

* Substitute drained, diced canned peaches, if desired.

LOOK FOR RO•TEL IN THE CANNED TOMATO SECTION

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The Spear Without Peer

At last. The asparagus is up. Those first slender stalks of spring have emerged from the ground. Although steamed asparagus served with lemon-butter or hollandaise sauce is a tender treat at this time of year, asparagus soup makes a refreshing springtime splash.

Spring-Green Asparagus Soup

Pick spears that are crisp, straight, and firm with tightly closed buds. Fresh asparagus spears can be refrigerated for up to four days. Just wrap them in wet paper towels and seal them in a plastic bag. When ready to use the asparagus, snap off stem ends and rinse clean.

- 3 cups water
- 1 Tbsp. instant chicken bouillon granules
- 2 large stalks fresh lemongrass, cut into 2-inch pieces, or 2 tsp. finely shredded lemon peel
- 2 Tbsp. snipped fresh cilantro
- ¼ tsp. ground white pepper
- 1 lb. fresh asparagus, trimmed and cut into 2-inch pieces
- 1 12-oz. can evaporated skim milk
- 2 Tbsp. cornstarch
- Dairy sour cream (optional)

In a medium saucepan stir together water, instant chicken bouillon granules, fresh lemongrass or lemon peel, fresh cilantro, and white pepper; bring to boiling. Reduce heat to low and simmer, covered, 15 minutes. Strain the liquid, discarding the solids; return the liquid to the saucepan.

Return liquid to boiling. Set aside a few of the asparagus tips for garnish. Add the remaining asparagus to saucepan. Reduce heat to low and simmer about 8 to 10 minutes or till asparagus is tender. Remove from heat; cool slightly. Carefully transfer the mixture to a blender container; cover and blend till smooth. Set aside.

In the same saucepan gradually stir milk into cornstarch. Cook and stir over medium heat till thickened and bubbly; cook and stir for 2 minutes more. (The mixture may be slightly foamy.) Gradually add the asparagus mixture, stirring constantly. Heat through.

Ladle the asparagus soup into soup bowls. Swirl a little sour cream into each serving, if desired, and top with reserved asparagus tips. Makes 6 side-dish servings.

Nutrition facts per serving: 131 cal., 4 g total fat (1 g sat. fat), 3 mg chol., 581 mg sodium, 15 g carbo., 1 g fiber, 8 g pro. Daily Values: 18% vit. A, 21% vit. C, 21% calcium, and 5% iron. ♦

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BEEF STROGANOFF WITH NOODLES

- 1 lb. extra lean ground beef
- 1/2 cup chopped onion
- 1-1/2 cups water
- 2 beef bouillon cubes
- 1 tablespoon Worcestershire sauce
- 2 cans (4- oz. each) sliced mushrooms, drained
- 2 cups (16 oz.) dairy sour cream
- 3 tablespoons all-purpose flour
- 9 cups (12 oz.) AMERICAN BEAUTY Extra Wide Egg Noodles, uncooked
- Chopped fresh parsley (optional)

In large skillet, cook meat and onion until meat is brown and onion is tender, about 5 minutes. Add water, bouillon cubes and Worcestershire: heat to boiling, stirring to dissolve bouillon. Stir in mushrooms; reduce heat. Stir together sour cream and flour; add to beef mixture. Cook, stirring occasionally, until sauce thickens; do not boil. Meanwhile, cook noodles according to package directions; drain. Toss hot noodles and sauce; sprinkle with parsley, if desired. 6 to 8 servings.
NOTE: Recipe can be halved.

NACHO-STYLE CHICKEN & NOODLES

- 1 tablespoon vegetable oil
- 1 lb. boneless, skinless chicken breast, cut into thin strips
- 1-1/4 cups milk
- 1 can (10-3/4 oz..) condensed cream of chicken or celery soup
- 3 cups (12 oz). shredded Cheddar cheese, divided
- 2/3 cup (2-1/4 oz.. can) sliced ripe olives, drained
- 1 can (4 oz.) diced green chilies, drained
- 1 jar (4 oz.) chopped pimiento, drained
- 9 cups (12 oz.) AMERICAN BEAUTY Extra Wide Egg Noodles, uncooked

In large saucepan over medium heat, heat oil; add chicken. Cook, stirring occasionally, until done. Stir in milk and soup; heat just to boiling. Reduce heat; stir in 2-1/2 cups cheese, olives, chilies and pimiento. Stir until cheese melts. Meanwhile, cook noodles according to package directions; drain. Toss noodles and sauce; sprinkle with remaining cheese. 6 to 8 servings.

NOODLES ALFREDO

- 1-1/2 cups water or chicken broth
- 3/4 cup milk
- 2 tablespoons butter or margarine
- 1/4 teaspoon salt (optional)
- 3-3/4 cups (6 oz.) AMERICAN BEAUTY Wide Egg Noodles, uncooked
- 1/2 cup grated Parmesan cheese
- 1 tablespoon chopped parsley (optional)

In 10-inch skillet, stir together water, milk, butter and salt; heat to boiling. Add uncooked noodles, stirring to coat with liquid; heat to boiling. Cover; reduce heat to low. Cook 8 minutes, stirring every 2 minutes or until noodles are tender and about 3 tablespoons liquid remains. Remove from heat; stir in Parmesan cheese until melted. Sprinkle with parsley, if desired. 4 servings.



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EASY TUNA PRIMAVERA TOSS

- 1-1/2 cups milk
- 1 pkg. (8 oz.) cream cheese, cubed
- 2-1/2 cups (16-oz. bag) frozen broccoli, carrot and cauliflower mix, thawed
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 can (12 oz.) tuna, drained*
- 1/2 cup grated Parmesan cheese
- 12 oz. AMERICAN BEAUTY Extra Wide Egg Noodles, uncooked

In large saucepan over medium heat, stir together milk and cream cheese. Cook, stirring frequently, until cream cheese melts; do not boil. Add thawed vegetables, salt and pepper; heat just to boiling, stirring occasionally. Reduce heat to low; stir in tuna and Parmesan cheese. Cook noodles according to package directions; drain. Toss noodles and sauce; sprinkle with additional Parmesan cheese, if desired. 6 servings.
*CHICKEN VERSION: Omit tuna; use 1-1/2 cups chopped cooked chicken.

Family Food Ideas FFI

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Pineapple Summer Shortcakes

Prep: 15 minutes

- 1 8-oz. can DOLE® Pineapple Chunks or Pineapple Slices
- 1 3-oz. package cream cheese, softened
- 1 tablespoon honey
- ½ teaspoon finely shredded lemon peel
- 1 teaspoon lemon juice
- 1 4-oz. package dessert cups or ½ of a 10-oz. package frozen prepared pound cake, thawed and sliced.
- Assorted sliced fresh fruit or whole berries such as: DOLE® Strawberries, Nectarine, Raspberries, or Blueberries

Drain pineapple; reserve 1 tablespoon juice. In a small bowl beat together cream cheese, honey, lemon peel, lemon juice, and reserved juice until blended and smooth. Spoon filling evenly into center of dessert cups or over pound cake slices. Arrange pineapple and fruit over filling. Makes 4 servings.

Seafood Salad Sandwich

- 1 package Louis Kemp Crab Delights® Flakes
- 4 tablespoons mayonnaise
- 4 lettuce leaves and sandwich buns

Mix Crab Delights® and mayonnaise. Place lettuce on sandwich buns. Spread mix on lettuce. Serve with fruit or pasta salad. Makes 4 servings.

Season'd Lemony Garlic Chicken

Chicken:

- 1 chicken, skinned, cut up (about 2½ lbs.)
- 2 teaspoons Nature's Seasons® seasoning blend

Lemon Garlic Marinade:

- 3 tablespoons white wine
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive or vegetable oil
- 6 to 8 garlic cloves, crushed
- 2 serrano peppers, seeded and chopped
- 2 tablespoons snipped fresh cilantro or parsley (1 tablespoon dried cilantro leaves or parsley flakes, crushed)
- 1 tablespoon dried oregano, crushed
- 1½ teaspoons Nature's Seasons® seasoning blend

Season chicken with the 2 teaspoons Nature's Seasons seasoning blend; set aside. In small bowl combine all marinade ingredients; blend well. Place chicken in a 3-quart rectangular baking dish (13 x 9 x 2-in.); pour marinade over chicken. Cover; refrigerate. Marinate at least 2 hours or overnight, turning chicken several times. Save marinade for grilling or broiling. Directions follow.

Grill Method: Prepare chicken as directed. Heat grill. Lightly oil grill rack. Drain chicken, reserving marinade. Place chicken pieces on grill using indirect medium heat or charcoal grill 4 to 6 inches over medium-high coals. Cook for 30 to 40 minutes until chicken is fork-tender and juices run clear, brushing with marinade and turning twice during cooking. Discard remaining marinade.

Broiler Method: Prepare chicken as directed. Heat broiler. Place chicken pieces on ungreased broiler pan. Broil 4 to 6 inches from heat for 30 to 40 minutes or until chicken is fork-tender and juices run clear, brushing with marinade and turning twice during cooking. Discard remaining marinade. Makes 4 servings.

Tip: Season chicken with additional lemon juice, oregano and Nature's Seasons seasoning blend before serving.

Barbecued Chicken Thighs

- 3 tablespoons brown sugar
- 2 tablespoons finely chopped onion
- 2 tablespoons vinegar
- 2 tablespoons prepared mustard
- ¼ teaspoon celery seed
- ⅛ teaspoon garlic powder
- 8 chicken thighs, skins removed (about 2½ lbs. total)
- ½ teaspoon paprika
- ¼ teaspoon ground turmeric
- ¼ teaspoon salt
- PAM® No Stick Cooking Spray

For sauce, in a small saucepan combine brown sugar, onion, vinegar, mustard, celery seed, garlic powder. Bring to boiling, stirring until the sugar dissolves. Remove from heat; set aside.

Rinse chicken; pat dry with paper towels. In a small mixing bowl combine paprika, turmeric, and salt; rub over chicken.

Spray a cold grill rack with PAM. Grill chicken on the prepared grill rack of an uncovered grill directly over medium coals for 20 minutes. Turn chicken; grill for 15 to 20 minutes more or until chicken is tender and no longer pink. (Or, place chicken on the unheated rack of a broiler pan. Broil 5 to 7 inches from heat for 28 to 32 minutes, turning once.) Brush with sauce during the last 5 minutes of grilling or broiling. Makes 8 servings.

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Garden Patch Pizza

rush 12-inch pizza crust with 1 tbsp. vegetable oil. **Spoon** 1 cup pizza sauce over crust. **Top** with 1-1/2 cups shredded low-fat mozzarella cheese, 1 cup drained DOLE Pineapple Tidbits r Chunks, 1 cup cooked broccoli florets, 1/4 cup sliced red bell pper and 2 tbsp. chopped green onion. **Bake** at 425°F 20 min. or until crust is golden brown. **Serve.** Makes one 12-inch pizza.

Per serving: 190 calories, 4g fat (1g sat.), 6mg cholesterol, 322mg sodium, 26g carbohydrate, 12g protein





Tropical Berry Blast

Combine 1 ripe DOLE Banana, quartered, 1 can (8 oz.) DOLE Crushed Pineapple, drained, 1 cup milk and 1/2 cup fresh *or* frozen raspberries *or* strawberries in blender or food processor container. **Cover;** blend until thick and smooth. **Serve** immediately. Makes 2 servings.

Per serving: 209 calories, 3g fat (2g sat.), 9mg cholesterol, 64g sodium, 43g carbohydrate, 5g protein

Black Bean Luau Salad

Combine 1 can (20 oz.) DOLE Pineapple Chunks, drained, 1 can (14-16 oz.) black beans, rinsed and drained, 1-1/2 cups cooked white *or* brown rice, 1-1/2 cups cubed cooked chicken breast, 1 medium red *or* green bell pepper, chopped, 1/2 cup chopped celery and 1/2 cup chopped green onion in large bowl. **Pour** 1/2 cup fat free *or* light honey Dijon dressing over salad; toss to coat. **Serve.** Makes 8 servings.

Per serving: 260 calories, 2g fat (1g sat.), 32mg cholesterol, 204mg sodium, 42g carbohydrate, 18g protein

ngry for more? Send a self-addressed stamped business envelope to Dole Pineapple Recipes, P.O. Box 9042-L, Clinton, IA 52736-9042 or www.dole5aday.com ©1997 Dole Food Company, Inc. Dole® is a registered trademark of Dole Food Company, Inc.

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Your original recipe could be worth up to $400 and may net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

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Monthly Prizes:
Two $400 winners, Two $200 winners, Ten $50 honor rolls

Hints for the December 1997 Categories

Holiday Breads: Do you shape dough into a festive ring, bake unique quick breads for gifts, or wow guests with bread that can't be beat? Let us know how you do it.

Cocoa and Coffee Drinks: Send your great winter warm-ups our way. We'd like to know how you make your cocoa and coffee drinks stand out, whether you add white chocolate, spices, candies, or other flavorings.

This Month's Winners—pages 209 and 210

$400 Winners: Carol Gillespie, Chambersburg, Pa.; Lisa Keys, Middlebury, Conn.

$200 Winners: Shabri Moore, Frederick, Md.; Christina Nguyen, Houston, Texas.

$50 Honor Roll Winners: Kari Appleton, Bellingham, Wash.; Miriam Baroga, Tacoma, Wash.; Ann Bolton, Mount Dora, Fla.; Joseph A. Divita, Tonawanda, N.Y.; Pat Henry, New York, N.Y.; Lucille Howell, Portland, Ore.; Terri Jackson, Manchester, Mich.; Nancy J. McMillan, Sedgwick, Maine; Linda Sackett, Vero Beach, Fla.; Renee Wagner, Pass Christian, Miss.

Contest Rules: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "December Holiday Breads" or "December Cocoa and Coffee Drinks." Specify brands and recipe origin. 3. Address recipes to 9712 Food Department, *Better Homes and Gardens®*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by May 25, 1997, and received by May 31, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1997 top winners on or about January 5, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes, please. They will be judged on creativity, taste, and practicality by *BH&G®* editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredien[illegible] the analysis. The analysis is ca[illegible] ed using two percent milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.


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PRIZE TESTED RECIPES®

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$400 WINNER

Carol Gillespie, Chambersburg, Pa., in the Punches and Coolers category. May 1997

Chocolate Malt Peppermint Cooler

Close your eyes, take a deep slurp, and be whisked to the soda fountain of your dreams.

- 3 cups chocolate milk
- 1 qt. vanilla or chocolate ice cream
- ¼ cup malted milk powder
- ½ tsp. peppermint extract
- ⅛ tsp. ground cinnamon
- Coarsely crushed hard peppermint candies
- 6 peppermint sticks

In a blender container place the chocolate milk, half of the ice cream, the malted milk powder, peppermint extract, and ground cinnamon. Cover and blend till smooth. Pour into six large, chilled glasses. Top each drink with a scoop of the remaining ice cream. Sprinkle with crushed candy pieces. Place a peppermint stick in each glass. Makes 6 servings.

Nutrition facts per serving: 329 cal., 13 g total fat (8 g sat. fat), 49 mg chol., 199 mg sodium, 46 g carbo., 0 g fiber, 8 g pro. Daily Values: 17% vit. A, 3% vit. C, 24% calcium, and 3% iron.



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PRIZE TESTED RECIPES®

see page 206 for details



$400 WINNER

Lisa Keys, Middlebury Conn., in the Low-Fat Main Dishes category. May 1997

Thai Turkey Kabobs

Green onion, cilantro, and garlic give a terrific flavor boost to these low-calorie kabobs.

- 1 cup soft bread crumbs
- ¼ cup chopped green onion
- 2 Tbsp. Thai fish sauce or soy sauce
- 1 egg white
- 1 Tbsp. snipped fresh cilantro
- 1 large clove garlic, minced
- 1 tsp. ground ginger
- 1 lb. ground turkey
- 2 red sweet peppers, cut into 1½-inch pieces
- ¼ cup pepper jelly
- 1 Tbsp. light margarine
- Hot cooked rice (optional)
- Bottled plum sauce (optional)

In a medium mixing bowl combine bread crumbs, green onion, fish sauce or soy sauce, egg white, cilantro, garlic, and ginger. Add ground turkey; mix well. Shape into 30 meatballs.* On 12 metal skewers, alternately thread meatballs and red pepper pieces, leaving ¼-inch space between each piece. Spray a broiler pan with nonstick coating. Place skewers on the unheated rack of the broiler pan.

Meanwhile, in a small saucepan, combine the pepper jelly and margarine. Cook and stir over low heat till jelly melts. Brush half of the jelly mixture over meatballs and peppers. Broil 4 to 6 inches from the heat for 6 minutes. Turn kabobs; brush with remaining jelly mixture. Broil 6 to 8 minutes more or till meat is no longer pink. If desired, serve over hot rice with plum sauce. Makes 6 main-dish servings.

* For 30 meatballs of equal size, shape meat mixture into a 6x5-inch rectangle on waxed paper. Cut into 1-inch squares; roll each square into a ball.

Nutrition facts per serving: 172 cal., 7 g total fat (2 g sat. fat), 30 mg chol., 291 mg sodium, 15 g carbo., 1 g fiber, 12 g pro. Daily Values: 21% vit. A, 71% vit. C, 2% calcium, and 9% iron.

PRIZE TESTED RECIPES

see page 206 for details

$200 WINNER

A reader-favorite dinner from the Main Dishes category.
May 1997



Teriyaki Chicken with Cucumbers

Cucumber slices with crushed red pepper provide a spicy-cool bed for this ethnic favorite.

- 4 boneless skinless chicken breast halves (about 1 lb.)
- 1 Tbsp. teriyaki sauce
- 2 tsp. toasted sesame oil
- ½ tsp. grated fresh gingerroot
- 1 clove garlic, minced
- ½ tsp. sugar
- 3 medium cucumbers, thinly bias-sliced (about 4 cups)
- 2 Tbsp. cider vinegar
- 1½ tsp. sugar
- ¾ tsp. salt
- ½ tsp. crushed red pepper
- 2 tsp. cooking oil
- Red serrano peppers (optional)

Place chicken in a plastic bag set in a shallow dish. For marinade, in a small bowl stir together teriyaki sauce, sesame oil, gingerroot, garlic, and ½ teaspoon sugar. Pour over chicken in bag. Close bag. Marinate in the refrigerator for 30 minutes, turning bag occasionally. Drain chicken, discarding marinade.

Meanwhile, in a medium bowl combine cucumbers, vinegar, 1½ teaspoons sugar, salt, and crushed red pepper. Cover and chill till serving time.

In a large nonstick skillet cook chicken in hot oil over medium heat for 10 to 12 minutes, turning once or till chicken is no longer pink. Remove and cut chicken into bite-size strips. To serve, arrange cucumbers on a plate. Top with chicken. Garnish with red peppers, if desired. Makes 4 servings.

Nutrition facts per serving: 180 cal., 7 g total fat (1 g sat. fat), 59 mg chol., 573 mg sodium, 6 g carbo., 1 g fiber, 23 g pro. Daily Values: 4% vit. A, 9% vit. C, 2% calcium, and 7% iron.

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PRIZE TESTED RECIPES

see page 206 for details

$200 WINNER

Shabri Moore, Frederick, Md., in the Punches and Coolers category.
May 1997



Ginger Tropical Punch

Refreshing fruit juices take on an extra zing when combined with gingerroot and spices.

- 1½ cups water
- 1 cup sugar
- 2 Tbsp. chopped gingerroot
- 3 or 4 whole cloves
- 1 inch stick cinnamon
- 1 6-oz. can frozen apple juice concentrate
- 1 6-oz. can frozen orange juice concentrate
- ½ cup freshly squeezed lemon juice
- 1 orange, thinly sliced
- 1 lemon, thinly sliced
- Orange curls (optional)

In a medium saucepan combine water, sugar, gingerroot, cloves, and cinnamon. Bring to boiling over medium heat, stirring constantly. Reduce heat and simmer, uncovered, for 5 minutes. Cool mixture; cover and let steep in refrigerator for several hours. Meanwhile, prepare apple and orange juices according to product instructions. In a large container combine the apple juice, orange juice, and lemon juice. Cover and chill. Strain steeped ginger mixture. In a punch bowl stir together fruit juices and ginger mixture. Reserve 8 lemon or orange slices. Float remaining fruit slices in the punch. Cut reserved fruit slices in half. Garnish each cup with half a fruit slice and an orange curl, if desired. Makes sixteen 4-oz. servings.

Nutrition facts per serving: 86 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 4 mg sodium, 22 g carbo., 0 g fiber, 1 g pro. Daily Values: 0% vit. A, 33% vit. C, 1% calcium, and 1% iron.

Photographs: Scott Little
Buying information, page 54

Buying information, page 54

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hroom soup and 1½ cups water•
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1½ cups water and 1 cup fresh
frozen broccoli•Stir in 1½ cups
ncooked Minute® rice and 8oz.
eeta® cheese spread, cut up•Cover
ok on low heat 3 minutes•Remove
m heat•Let stand 5 minutes•Stir





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building

A Case for Stairs

Tread lightly if you are planning a staircase for a new or remodeled home. Stairs add beauty and value when skillfully built, but a design misstep can cause the project to stumble. Here are some tips.

Know the code

Whoever designs the staircase—whether it is you, a local contractor, or a stair-building company located in some distant city—must know the applicable building codes and be familiar with their interpretation in your community. Regulations control such critical elements as the height of the riser, the width of the tread, and the manner in which stairs are braced. While allowable sizes and building techniques vary less from region to region today than they have in the past, differences must still be accommodated.

For example, City A may require 9-inch treads and 8¼-inch risers while City B requires 10-inch treads and 7¾-inch risers. In homes with 8-foot ceilings, City A's staircase needs 9 feet of space while City B's takes 10 feet, 10 inches.

Location, location, location

Finding just the right spot for a stairwell is critical to the success of your home's design. If you're building handsome oak-rail stairs in a front foyer, make sure they sit back far enough from the front door so they can be admired. Also, there must be enough room for relaxed greetings and send-offs in that foyer, so don't let the stairs crowd the room. Should you plan a straight stairwell from a kitchen to second-floor bedrooms, careful calculations will tell you how much kitchen floor space will be needed to accommodate construction. Typical staircases gobble up 10 feet of building space or more.

Preassembled vs. built on-site

Stairs can be hammered together on-site or shipped to the house as a nearly finished unit. The best option depends largely on the complexity of the job and your distance from the manufacturer. Most straight-run stairs are constructed at the site, often from precut kits. If you are putting up a circular stairway, it's usually better to purchase a ready-to-install factory model because of the complexity in building these designs. It's critically important that circular stairs be braced properly. Make sure wall framing includes cross bracing at the points where the stairwell will be attached so you can anchor the unit to lumber.

Keep down the noise

There's nothing worse than squeaky stairs. So work with a builder who has a track record for quiet stairwells. Carpeted stairs will remain silent, partly because top-grade plywood can be used for treads. Unlike solid-wood treads, plywood resists the shrinking, warping, and movement that lead to squeaking.

Add some elegance

If your budget is running on empty, finish the stairwell yourself by putting up rails and decorative elements purchased at a home center.



Kids' Water Garden

The BH&G Kids® feature on *pages 237 to 243* will put you and your kids in the mood to make a water garden this summer. To help, we've gathered all the live plants you'll need to make an exact duplicate of the one shown in our story. From Scherer & Sons, our **Kids' Water Garden Collection** contains one each of: dwarf umbrella palm (12- to 24-inch stems with graceful heads of rich green leaves), dwarf Egyptian paper plant (18- to 24-inch stems with thistlelike foliage), dwarf blue water lily (adapted to tub culture), anacharis (an oxygenating plant that provides natural oxygen to an aquatic tub garden and helps clarify the water), and shell flower (a plant that helps filter an aquatic tub garden). Complete instructions are also included. All plants are shipped bareroot at the proper time for planting in your zone (about April 15 to August 31, 1997). The price of the collection is $69.95, which includes shipping by UPS 3-Day Select, handling, and applicable sales tax. *Sorry, we are unable to ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*

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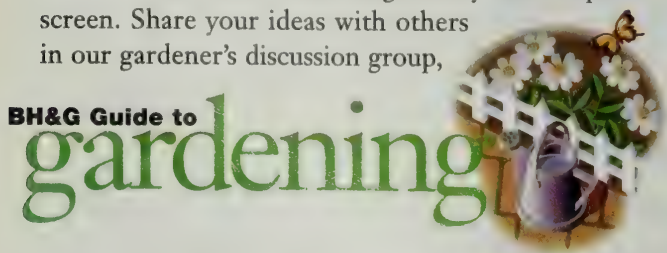
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online

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Better Homes and Gardens® Online is growing bigger and better every day. Just in time for spring planting, we're premiering our new gardening section. Looking for the best perennials, trees, or shrubs? Our garden editors share their picks for the best of the best. Over the coming months, we'll be growing our searchable database of Editor's Choice plants—a *BH&G*® Online exclusive. Problems in your yard or garden with pests or disease? Link to the *Ortho Problem Solver*. You'll also find tips from the Test Garden and how-to videos that come to life right on your computer screen. Share your ideas with others in our gardener's discussion group,



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Remodeling Survival

by Steve Cooper



Remodeling usually involves tearing out old walls, windows, cabinets, or other pieces of your home that once seemed permanent. But this dirty, noisy, and disruptive process doesn't necessarily mean you'll be tearing out your hair, too.

With careful planning, it is possible to survive major renovations. Even though your daily routines may be derailed, you can minimize the inconvenience and give yourself room to collect your thoughts even amid a storm of drywall dust, flying wood chips, and noxious odors. Here are some survival tips.

With careful planning, it is possible to survive major renovations.

Plan for everyday life. Your house may be in shambles, but you'll still want hot meals, a snug bed, a refreshing shower, and clean clothes. Seek safe harbor away from the confusion by staying at a motel, taking refuge with a kind relative, or even moving into a travel trailer or recreational vehicle. But don't go so far away from home that you lose touch with the project.

If you can, or must, live at home during remodeling, rearrange rooms before work begins. To prepare for a kitchen makeover, move your microwave and refrigerator to a place where they can still be used. If the water will be turned off for long periods of time, order bottled water and scout out a place for showers. A bedroom may even become a combination living room/kitchen for a while.

Keep waste in its place. There's no way to avoid a mess when remodeling. But the tide of rubble, trash, and dust can be contained. Before the swing of the first hammer, work out waste logistics with your contractor. Hang tarps in doorways to seal off rooms where remodeling is under way. Establish a plan for handling waste materials so they will be routed away from sensitive areas, such as gardens or porches, and hauled away on a regular basis. If floors need protection, see to it that they are covered up.

Defend against air pollution. When determining the timetable, pin down the periods when glues, finishes, or other odorous materials will be used. Make certain the house will be properly, even excessively, ventilated when smells are at their peak. Escape to Grandma's.

Protect your property. Some dust will always drift out of work areas. Electronic equipment, fine furniture, or other valuables should be covered or removed. Also, keep expensive telephones out of the remodeling area.

Communicate with contractors. Keep the lines of communication open and stick to your plans as much as possible. Midcourse project changes often lead to unexpected service disruptions and waste-control problems. Frequent changes also open the door to mistakes, strained relations, cost overruns, and a sour experience.



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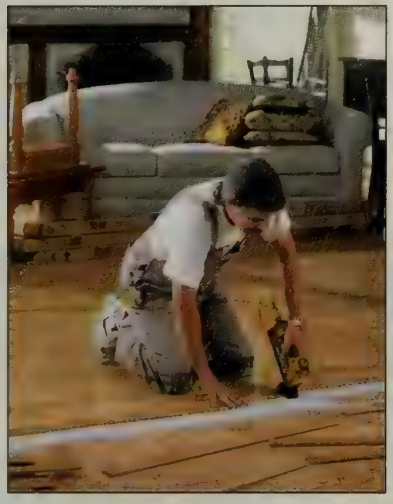
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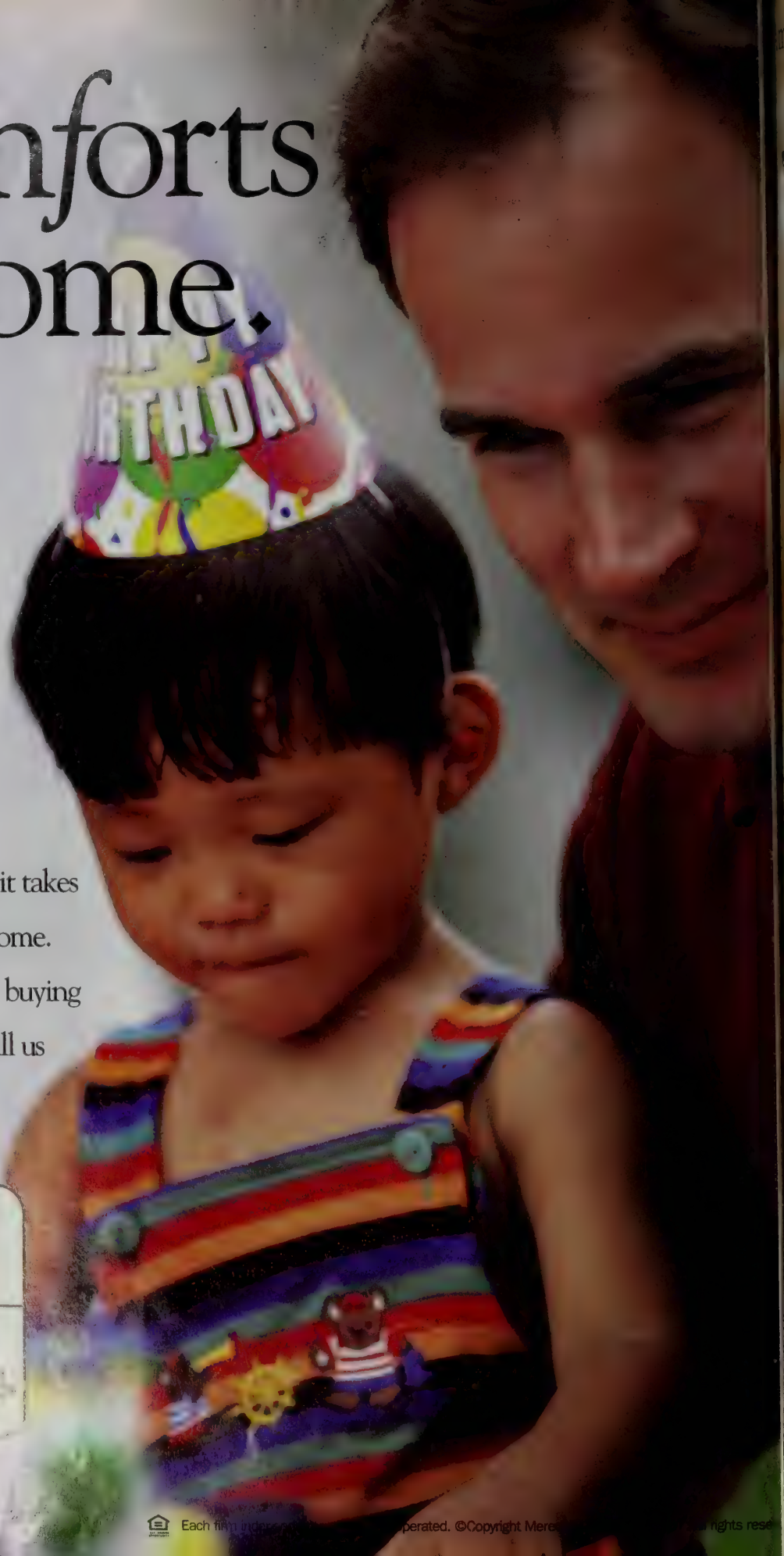
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continued from page M2

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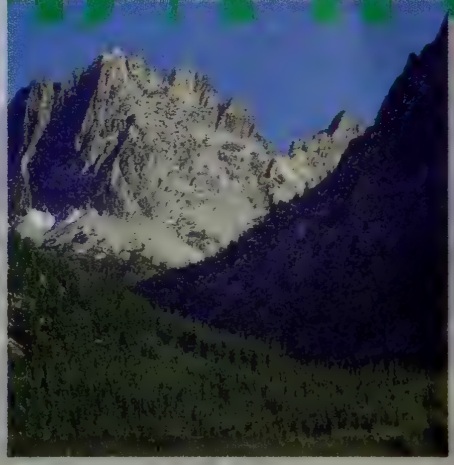
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A Show of Tabs



When a mere "breath" of curtain is required to diffuse the light and soften a view, look out the window for inspiration. Here, a voile panel rests like morning mist on tiny tabs that seem to scamper across a willowy "branch" rod.

This simple, fabric-panel treatment is visually uplifting because of the light scale of all the elements. The color and textural contrast between the wispy sheer and the earthy stick rod add interest.

To make a similar panel, measure the window width, double it, and add 2 inches for the width of your fabric. Determine the panel length (including tabs), and add 6½ inches. Draw the rectangle onto fabric; cut out. Press under ½ inch twice at sides and sew in place. Press under 1 inch twice at the top and sew. At the bottom, press under ½ inch twice, then 5 inches; sew in place. Cut 4×6½-inch tabs (as many as needed to go across the panel top, allowing 1¾ inches between tabs). Press under ½ inch on short tab edges, then press under 1 inch on long edges to center of tab. Fold the tab in half lengthwise with wrong sides facing; topstitch around the tab. Pin the tabs across the top edge of the panel, with the panel sandwiched between tab ends. Sew a ½-inch natural wood button to the front of the tab through all layers. Slip a tree branch through the tab loops for a hanging rod; suspend from cup hooks. If desired, paint cup hooks brown or conceal them with dried nosegays.

When figuring the length of your tab curtains, consider these points:

• Drape a curtain no longer than the top of the windowsill on a rod mounted *inside* your window frame.

• Mount a rod *on* your window frame or wall, and drop your curtain lengths to the top of the sill, the bottom of the apron, or floor length.

• Determine the distance between the bottom of the rod and top of the panel by keeping it equal to the width of the tab.

• Add the tab length and the panel length together when measuring for the overall length of your curtain.



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Bridging the Gap



Even if you have a set of windows that are set sky high on your wall, with a little ingenuity, you can bring them down to earth. Use furnishings that bridge the gap between raised panes and the floor.

Careful furniture placement will anchor soaring windows. In this instance, a set of bookcases fills the space, emphasizing the strong horizontal lines of the windows directly above. The bookcases also make maximum use of what could have been an unused—or, at least, underused—area.

When placing furniture under high windows, aim for a height roughly two-thirds to three-fourths the distance between the floor and the window molding. Then add accessories that slightly overlap the molding but don't block the view. For instance, in this gallery of photographs, the taller frames provide a visual link between the bookcase and the window. A vase of dried flowers serves the same function, but also joins the curvy vases in softening the rigid horizontal lines of the shelves.

Consider a few more lofty ideas for your high-set windows:

Position a sofa table under the windows. The table's added height will draw the eye upward. All that's left is to round out the area with accessories, fresh flowers, and other soft shapes.

Place a hardworking desk under elevated panes. The added advantage is that you'll get plenty of natural light for this task area.

Set a high-backed bench directly under the windows. Choose one that can be pulled up to a nearby dining table at a moment's notice.

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Supreme Bean

Las Palmas® Bean Dip Supreme

1	lb. ground beef
1	(4.5-oz.) can chopped green chiles
1	cup Las Palmas® Superior Enchilada Sauce
2	(16-oz.) cans Las Palmas® Spicy Fat Free Refried Beans
2	cups shredded cabbage
8	oz. (2 cups) shredded sharp Cheddar cheese
4 to 6	radishes, cut in half lengthwise and thinly sliced
1/2	cup pickled jalapeño slices
	Tortilla chips

1 In large skillet, brown ground beef; drain. Stir in chiles and enchilada sauce; simmer 8 to 10 minutes.

2 To assemble, spread refried beans evenly on large serving platter. Top with meat mixture, cabbage, cheese, radishes and jalapeños. Serve with tortilla chips.

Makes 6-1/2 cups



Playing the Piper



A decorating bag with a star tip adds a finishing border of "shells" to the base of this cake.

Eye-catching piped flourishes turn cakes and other desserts into grand finales without a lot of special equipment. All you need is a piping bag, a couple of decorating tips (see *below*), and a steady hand (this comes with practice). With these few tools, you can pipe cake frosting, whipped cream, or meringues into flowers, leaves, swirls, shells, letters, numbers, and much more. The amount and kind of decoration is up to you. You can pipe simple borders using a single tip or decorate the entire top and sides of a cake or dessert using multiple tips. Just grab a bag, some tips, and follow these easy directions.

It's in the Bag. You need a piping bag to hold the filling or frosting. You can purchase reusable or disposable decorating bags in different sizes wherever cake decorating supplies are sold. Or, you can make your own from a heavy clear plastic bag. Snip one of the bottom corners from the bag to form a small hole. For dots, lines, letters, or numbers, just squeeze the frosting through the hole. If you want a larger hole, cut more from the plastic bag. For shells, leaves, and more intricate designs, fit the appropriate decorating tip into the hole.

Holding the Bag. Fit the desired tip into the hole in the piping bag. Fill the bag about half full with frosting. Fold the corners to the center and roll the bag down to the frosting. With your writing hand, grip the bag above the frosting. Apply pressure from the palm of your hand, forcing the frosting toward the tip. Use your other hand to guide the tip. The more you practice, the more easily you'll be able to control the flow of the frosting by changing the pressure. For practice, pipe canned frosting into various designs onto waxed paper as shown *below*. Return the piped frosting to the bag and try again. ⌂

Decorating Tips

Decorating tips come in many sizes and shapes. The size of the decoration increases with the size of the tip opening—most range from ⅛ inch to ½ inch. Although many specialty tips are available, you can cover the basics with just three—a round tip, a leaf tip, and a star tip. The directions at right will lead you to beautiful designs.



Round tips: These tips have a plain round opening for making dots, lines, and letters. For lines and letters, hold the bag at a 45-degree angle to the surface. Guiding the tip just above the surface with your free hand, squeeze with your writing hand. To end each line or letter, gently touch the tip to the surface, release pressure, and pull away.



Leaf tips: For leaves, hold the bag at a 45-degree angle to the surface with the tip opening parallel to the surface. Holding the point just above the surface, squeeze out frosting to make the base of a leaf. Continue squeezing, but ease up on the pressure as you pull away. Stop the pressure and lift off with a twist to make a curled tip.



Star tips: The toothlike points on these tips turn frosting into stars and shells. For shells, hold the bag at a 45-degree angle. With the tip just above the surface, squeeze out a mound of frosting; push the tip down and away from the mound till it touches the surface and forms a tail. Start the next shell at the end point of the previous one.

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Greek-Style Pasta

The flavors will remind you of the classic Greek dish, pastitsio.

- 12 oz. lean ground beef
- 1 14½-oz. can diced tomatoes with basil, oregano, and garlic or diced tomatoes with onion and garlic
- 1 8-oz. can low-sodium tomato sauce
- ½ cup water
- ¼ to ½ tsp. ground cinnamon
- ⅛ tsp. ground allspice
- Hot cooked pasta
- ¼ cup crumbled feta cheese (1 oz.) (optional)

In a large saucepan brown ground beef. Drain off fat. Stir in undrained tomatoes, tomato sauce, water, cinnamon, and allspice. Bring mixture to boiling; reduce heat. Cover and simmer for 10 minutes. Uncover and simmer 5 to 10 minutes more or till desired consistency. Serve over hot cooked pasta. If desired, sprinkle with crumbled feta cheese.

Nutrition facts per serving: 280 cal., 8 g total fat (3 g sat. fat), 54 mg chol., 560 mg sodium, 29 g carbo., 2 g fiber, and 21 g pro. Daily Value: 13% vit. A, 37% vit. C, 3% calcium, and 21% iron.

Cajun Noodle Soup

To make dinner quickly, warm some flour tortillas in the microwave and toss a green salad to serve alongside this smoky flavored soup.

- 1 14½-oz. can Cajun-style or Mexican-style stewed tomatoes
- 3 cups water
- 1 3-oz. pkg. chicken-flavored ramen noodles
- 4 oz. fully cooked smoked sausage, sliced very thinly
- ½ medium green sweet pepper, cut into bite-size strips
- ½ cup shredded Monterey Jack Cheese (optional)

Cut up any large tomato pieces. In a large saucepan combine the stewed tomatoes, water, seasoning packet from noodles, sausage, and green pepper. Over high heat, bring to boiling. Break ramen noodles into quarters and add to saucepan. Return to boiling; cook 2 minutes. Ladle into soup bowls.

Top each serving with cheese, if desired. Makes 4 side-dish servings.

Nutrition facts per serving: 222 cal., 13 g total fat (3 g sat. fat),19 mg chol., 1,109 mg sodium, 21 g carbo., 0 g fiber, and 8 g pro. Daily Value: 8% vit. A, 32% vit. C, 3% calcium, and 9% iron.



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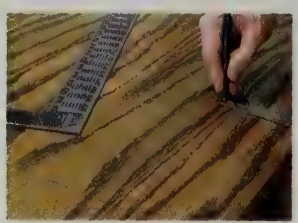
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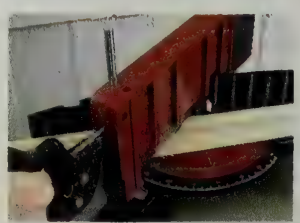
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Here's a smart trick that can give a plain door a handsome rail-and-style look for little money. This front-door facelift required just 32 linear feet of chair-rail molding (about $25) and some paint.



1. Take the door off its hinges and lay it on a pair of sawhorses. Scribe lines about four inches from the sides and top, and about eight inches from the bottom to guide molding placement. Use a pencil so you can erase mistakes.



2. Cut the molding to the desired lengths and miter all the corners. We opted for a four-panel door design, but you also can create a six- or eight-panel design with just a little more work and molding.



3. Glue and nail the molding to the door. Wipe up excess glue before it dries. Use a nail set to drive the nails below the surface. Fill all the nail holes with wood putty, then sand the entire door lightly, prime, and paint.



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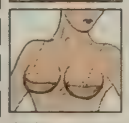
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Nature serves as the ambient light source in this office while recessed "eyeball" fixtures in the soffit over the desk are used for task lighting.



Folding doors open wide to offer full access to a variety of shelving and storage options.



Home Office Hideaway

by Steven Mumford

As a teacher and a doctor, Marilyn and Bill Galloway are no strangers to homework and filing. So when they carved out a place for a home office, well-thought-out workspace and adequate storage were critical to their design.

All too often, says Marilyn, "Home offices end up being the place where you put the things you don't know what to do with. But here, we have space for everything."

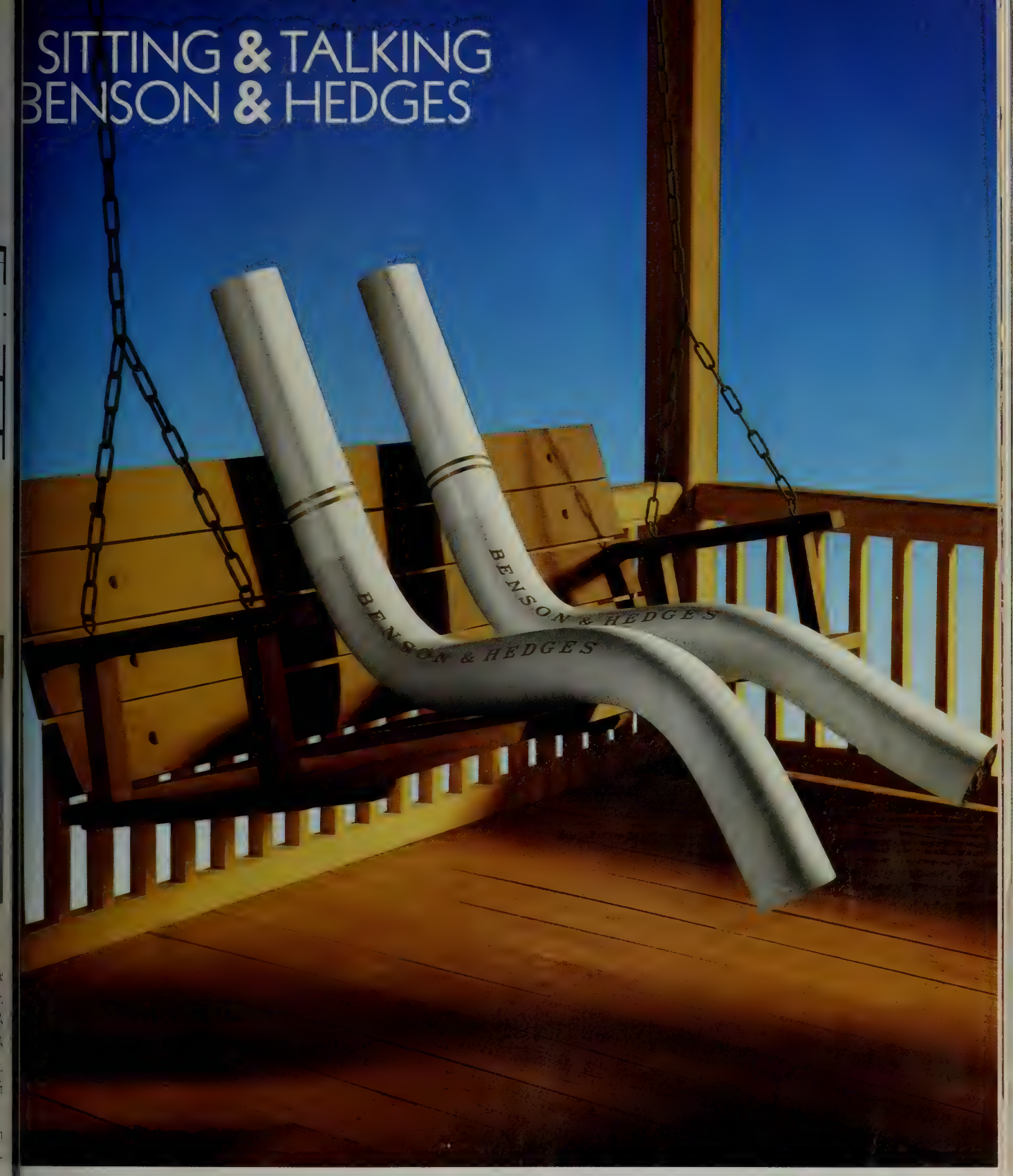
A cleverly designed storage center keeps this office clear of clutter. Replete with large filing drawers and adjustable shelving, it's just right for storing books, manuals, and video tapes. When the louvered, bi-fold doors are closed, the storage center is unimposing and closet-like. But as soon as they're opened the entire room gets down to business.

In addition to long, horizontal filing drawers and adjustable shelves and cubbyholes, the storage center includes full electrical service and abundant lighting.

The office may have maximum storage space, but the couple kept the furniture to a minimum. A desk, chair, and custom-made chaise lounge make up the room's entire furniture suite yet serve all of Marilyn and Bill's office needs. There's space at the desk for computer work, and the chaise gives the hardworking home workers a soft place to sit and collect their thoughts.

Flanking the desk, two tall bookcases provide even more storage while offering a place for plants, fresh flowers, and decorations to add a special human touch.

Rising clear to the soffit above the desk, the bookcases take on the look of built-ins even though each unit stands alone. These sparse but highly functional furnishings have an added bonus—they make the office flexible so it can be converted into a guest room in case visitors show up on short notice. ⌂

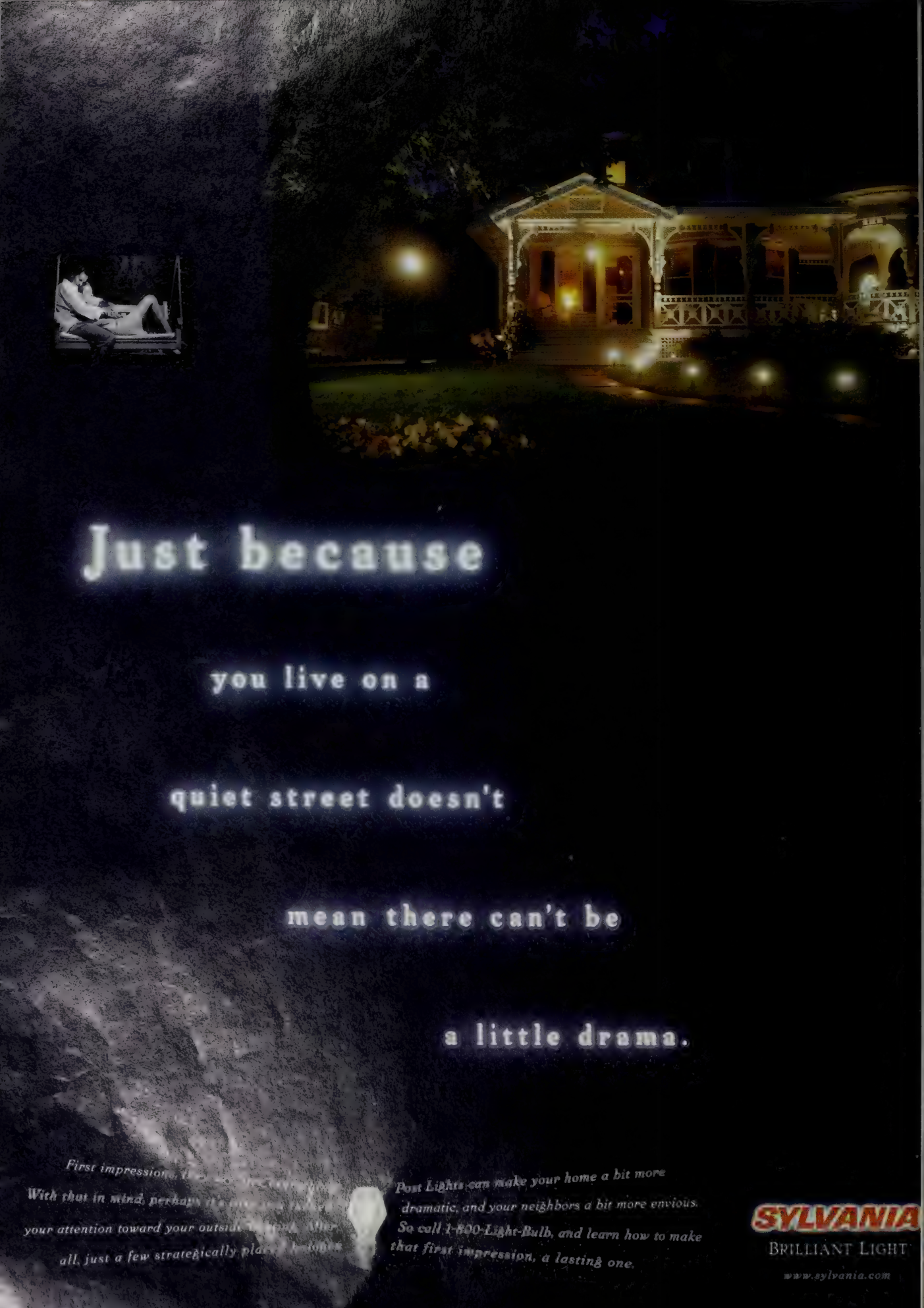


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No case is typical. You should not expect to experience these results.



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Wait till you see our line of newly designed Kenmore washers.

Let's start with the moment you drop your clothes in. With the largest usable capacity of any washing machine, you're going to find yourself doing fewer loads. In fact, the average family does 100 fewer per year.

Then there's the triple dispenser that automatically adds detergent, bleach and fabric softener at just the right moment in the cycle. So you don't have to stand guard for fear of missing that critical timing.

Finally, we come to the Dual Agitator Plus System. Its combination of up-down and side-to-side motion ensures that whatever you're washing circulates throughout the entire machine. As if you were washing it all by itself.

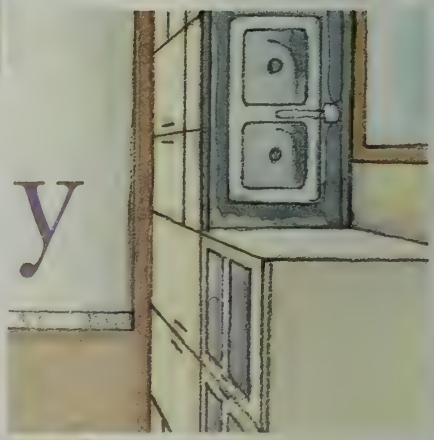
All in all, it's the best laundry system there is. Shouldn't you consider the brand that's in more than one out of two homes in America?

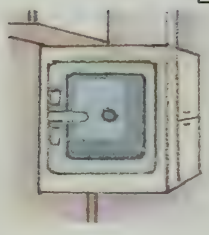
Kenmore

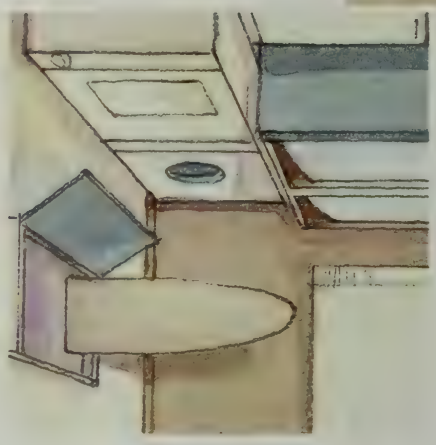
THE INNOVATIVE SIDE OF **SEARS**



Laundry solutions







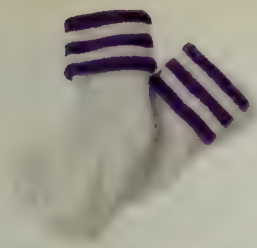
by Steve Cooper and Joseph Boehm

On a gentle morning, the youthful Spring Princess twirls herself into her royal robes—clean sheets drying on a clothesline. But her mother, revealing her commoner's origins, chides, "No, dear. I'm not washing again today!" It's always been this way: Some of us are drawn to the sweet smell of laundry on a line while others are focused on the sheer work of the wash. Surely there must be a middle ground where cleaning becomes less a chore and more a simple, diverting task. There is, if you employ some of the laundry-room strategies in the pages ahead.

PRODUCED IN COOPERATION WITH FRIGIDAIRE CO.

continued on page 226

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Sport Socks



Gym Shorts





Sweat Shirt



Bandanna





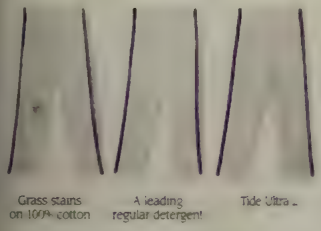
Basketball Shorts



Tank Top

Sport Bra
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continued from page 224



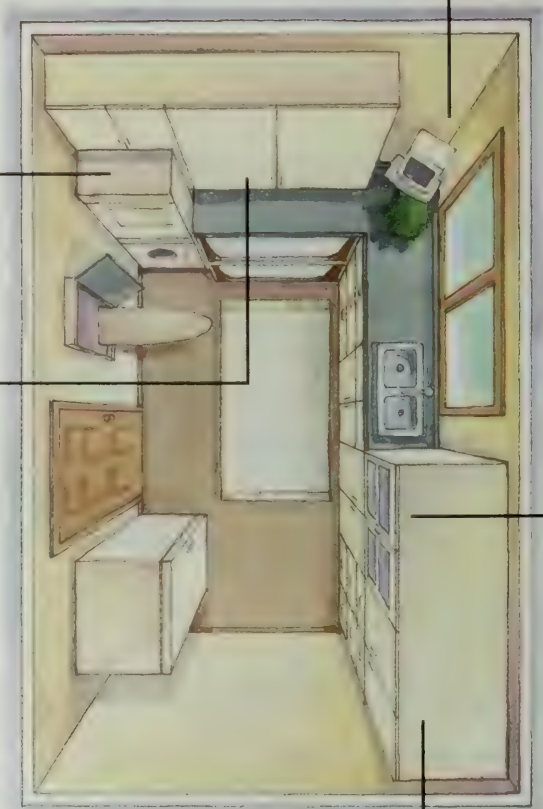


Make elbowroom

Necessary elements for a successful laundry room (*right*) include a large folding surface, convenient access to baskets, a wide-and-deep sink for cleanup or greenery maintenance, a bank of storage drawers, and all the sunshine you can get.

Go for a spin

Most of us have top-loading washers. But a front loader (*above*), which spins on a horizontal axis, has increased cleaning efficiency and uses less water. Stacking saves space. The slim cabinet left of the washer holds an iron and board.





Hang in there

Drying silk, nylon, or any light material is a delicate job. Dedicate a drying cabinet to light garments by replacing solid doors with screened doors, which allow air circulation. A pullout rack (*above*) makes it easier to hang clothes, and a drip pan protects the floor of the cabinet.

Spill guard

Since there's no way to avoid an occasional spill when you're working with liquid soaps, bleaches, and fabric softeners, protect cabinet shelves with easy-to-clean plastic mats (*below*). Keep cleaning concoctions in a supply cabinet mounted near appliances.



Chute 'em down

Laundry chutes are not a new idea—just an often overlooked one. They're a convenience for anyone whose downstairs laundry room lines up with upstairs dirty clothes piles. The chute here (*right*) takes aim at a basket placed in an upper storage cabinet.

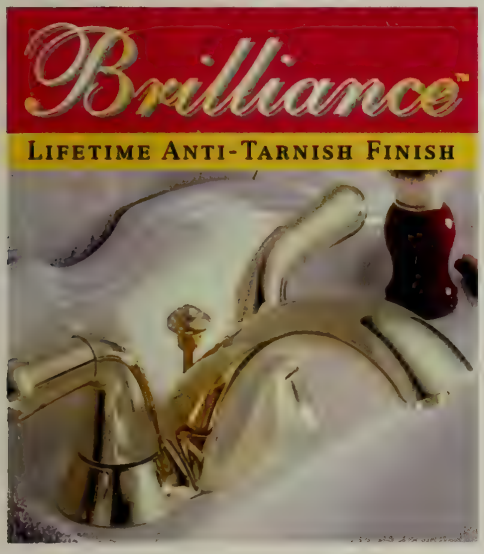


continued on page 228

THE PROBLEM: TARNISH



THE SOLUTION:



THE STORE:

THE HOME DEPOT

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DELTA THE FAUCET

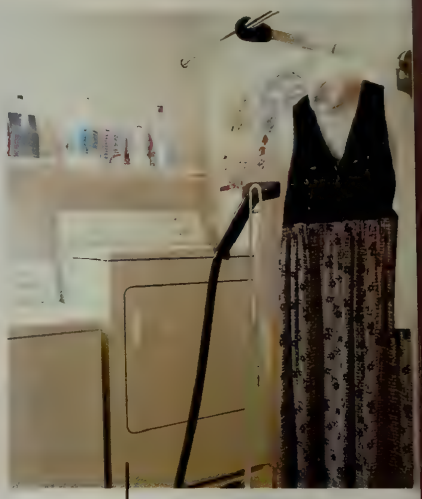
†See store for details. ©1997 Masco Corporation of Indiana.
Delta Faucet Company, 55 E. 111th Street, P.O. Box 40980, Indianapolis, IN 46280. DAD-7002

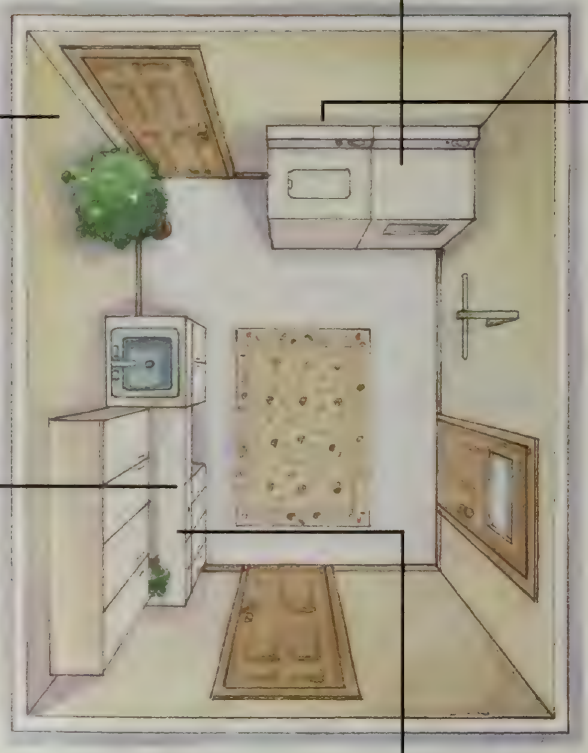
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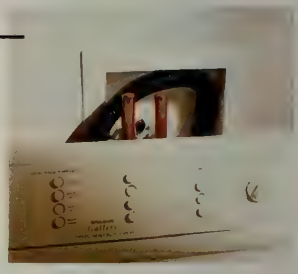


Smooth surfaces
Choose easy-cleaning surface materials because laundry rooms get messy with lint from dryers, dust from dirty clothes, and spills from cleaning supplies. Seamless vinyl flooring, plastic laminate countertops, and cabinets with slick, glossy finishes (*above*) clean quickly with a mop or rag.

Elevate drying
Tired of all the bending required to get clothes in and out of your dryer? Raise the dryer on an 8-inch pedestal (*right*). This sturdy stand was constructed from ¾-inch plywood finished to match the dryer. The wardrobe hanger folds back against the wall.



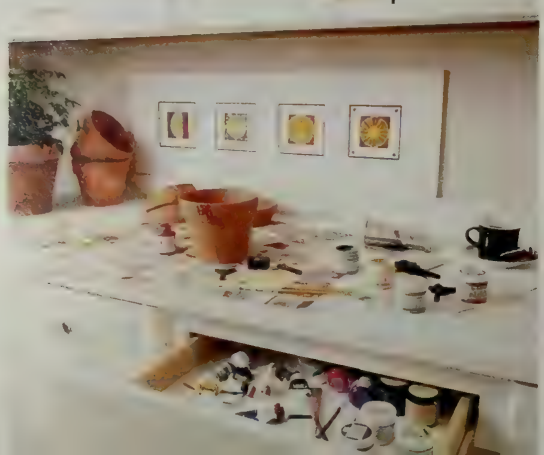




No hammering
The two copper tubes behind the washer control panel (*above*) are water-hammer shock absorbers. Hammering is that annoying loud bang you hear whenever the machine turns the water off and on. These tubes eliminate it by controlling water pressure.



Hideaway board
An ironing board in the laundry is a necessity, but there isn't always space. The fold-in unit *above* replaces a drawer and can be installed in most new or existing cabinets. To close, the board folds down against the frame and slides into the drawer slot.



A hobby spot
A laundry-room niche is a place where you can leave craft supplies out on the counter and be unafraid of spills. At the hobby spot *left*, the artist can pursue pastimes while perched on a stool. Under-cabinet lighting sharpens the view.

continued on page 230

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 continued from page 228

Laundry gear

Equipping the laundry room requires products that help you store, sort, hang, and prepare fabrics. Here are products to simplify those tasks.



Rack them up
Park a lightweight rolling garment rack near the dryer. Your no-wrinkle shirts, blouses, and pants have a better chance of remaining wrinkle-free if you can hang them up while they're fresh from a tumble.



On the go
Hotel laundries know the value of a heavy-duty roll-around sorter. This cotton-canvas bag is partitioned into three bins so you can divide and conquer your wash. The cart frame is steel, and the wheels will last for years.



Wrinkle free
Get an ironing board that's up to the job. This extra-wide model has four steel legs for stability, an iron caddy for safety, and a storage shelf below to hold the overflow of any large items you are ironing.

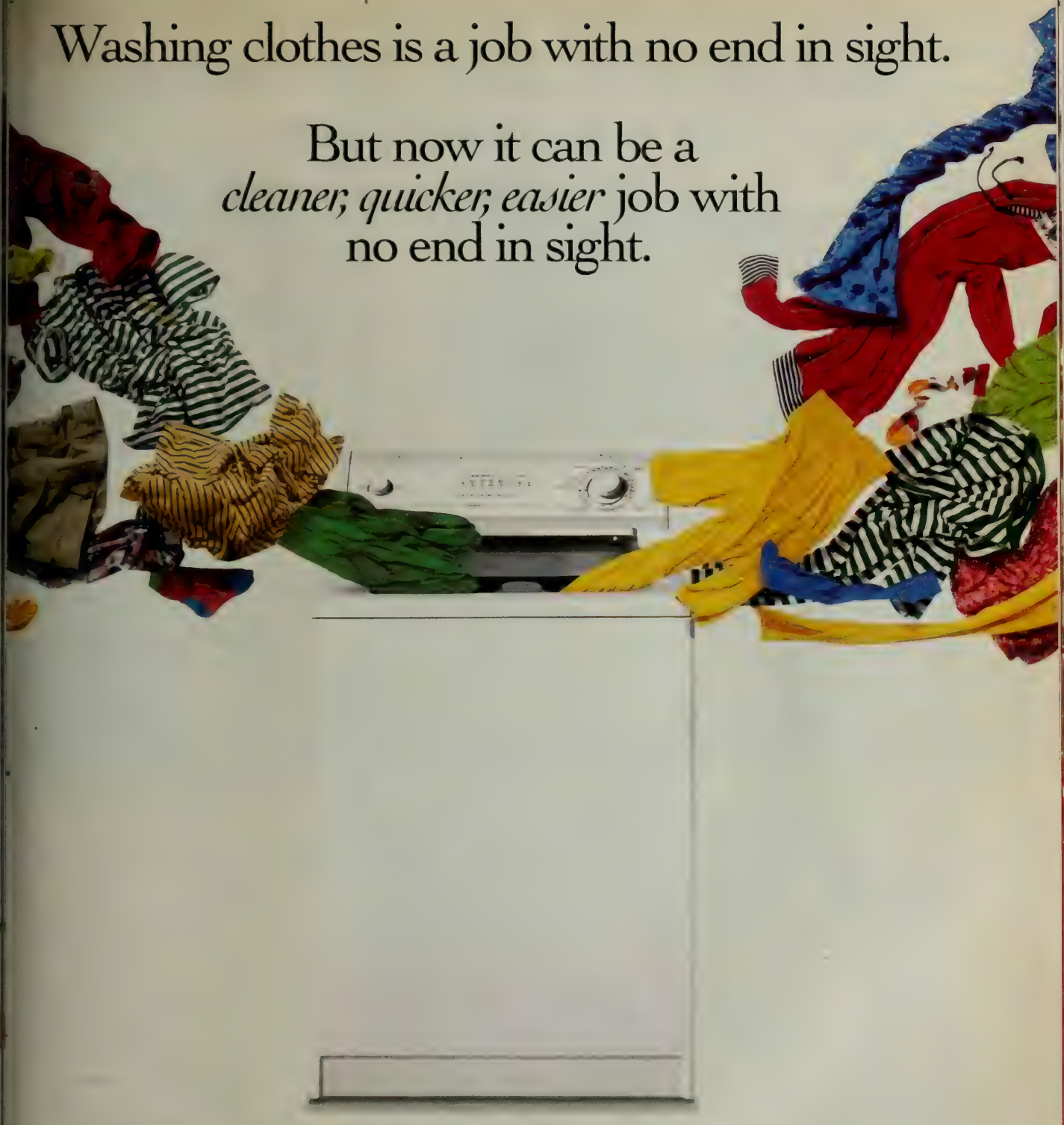


Stylish hamper
This three-bin hamper will help separate colors from delicates while maintaining a fashionable presence. The cabinet is 26½ inches high, and bins tilt out for easy access.

continued on page 232
Buying information, page 54

Washing clothes is a job with no end in sight.

But now it can be a *cleaner, quicker, easier* job with no end in sight.



'he fact is, if you 'ear clothes, you ave to wash them. ut now, with the Vhirlpool Super apacity Plus™ asher, that's ne chore that an be a ttle easier. or one thing, the gigantic ash basket lets you wash igger loads and, therefore, ewer loads so you're out of the laundry room faster. Worried about getting bigger loads clean? Well, don't. Our washer has an exclusive XTra Roll Action agitator that actually *rolls* bigger loads to get them clean– everything from jeans to linens to towels. There's even an Ultimate Care Delicates cycle for special items. At Whirlpool, laundry is our life. Which is why we're obsessed with making it easier. And it doesn't get any easier than the Super Capacity Plus washer. Like more information? Call [redacted] We'll send you loads of it.

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B705

SAFE VENTING

There's no magic to drying clothes in a gas or electric dryer. Clothes go in the machine as a wet and heavy heap and come out warm and dry. But to make your dryer operate safely and efficiently, you must ensure that it is properly vented. Follow these tips to keep the "dry" in laundry and keep laundry day safe and simple.

- Never use plastic or other combustible ductwork. Flexible plastic may be less expensive and more convenient than metal, but it does not contain heat as well. The corrugated plastic design also allows lint to collect, which can sometimes cause an obstruction. Some local codes prohibit plastic ductwork.
- Under some conditions, lint can create fire hazards. Terminate your vent outside your home, never under the house or porch or in an air shaft, attic, or other concealed space.
- When assembling ductwork, do not use sheet metal screws or other fastening hardware that extends into the duct. These protrusions will collect lint and reduce the efficiency of the exhaust system.
- Do not install a screen over your exhaust outlet. It will trap lint inside the tubing, which can interfere with venting. Nor should you stretch a loose-knit material—such as cheesecloth or hosiery—over the vent. The lint collected by the cloth will inhibit airflow. If critters are causing problems, buy a vent hood with a one-way flap to keep them out of your ductwork.
- Check the exhaust hood at least once a year and clear away any lint that has collected. Also, be sure the flap on the one-way air valve swings freely. Lubricate it if necessary.

Laundry solutions

continued from page 230



SUSAN GILMORE

Creating a first-class laundry requires modern, high-efficiency equipment, plenty of storage, wide counters, and other conveniences. Equally important is the location of the laundry within your house.

Here are some floor-plan options to consider for your cleaning center.

Near the kitchen. Most of us spend considerable time working in the kitchen, so positioning the laundry nearby consolidates chores. Also, plumbing hookups are simplified if the location of the kitchen's utilities puts water and drain service pipes within easy reach of the clothes washer.

Near bedrooms. Because most recently designed equipment has become so quiet, it won't keep you awake if the laundry is near the bedrooms. Stackable machines can be placed in closets only a few feet from where the dirty clothes pile up.

Adjacent to a family room. Why not put machines where families spend most of their time? A convenient arrangement places the laundry so the family room television can be seen while standing at the folding table. Then, workers can't claim they are missing a favorite show if they must fold the towels.

In a mudroom or entry area. If the only logical place for the laundry is in a high-traffic area, set equipment and counters in an alcove that can be shut behind doors when company is expected.

A flood isn't the worst thing that can happen to you.



Not being insured for one is.

A flood moves with frightening speed. In minutes, a flood can wash away everything you and your family have spent a lifetime building.

But often the worst isn't the flood. It's finding out, too late, that you're not covered for flood damage.

You're probably not covered.

The truth is, 90% of all natural disasters in this country involve floods. Yet, as many find out too late, most homeowner's insurance policies don't cover flood damage.

Everyone runs the risk of being a flood victim. In fact, between 25% and 30% of flood insurance claims come from "low risk" areas. It could happen to you.

Give yourself peace of mind.

Fortunately, now you can protect your home and property with flood insurance from the National Flood Insurance Program.

Return the coupon or call your insurance company, agent or this toll-free number: 1-888-CALL FLOOD, extension 151. Act now, since it takes 30 days before your coverage begins. Because with floods, you can never say never.

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A New Focus on Safety

The Toyota Camry is the third-best selling sedan in the United States, trailing only Ford Taurus and Honda Accord in the competitive midsize car market. An unwavering reputation for reliability has helped make the Camry a showroom success. But on the road, its safety record has been little better than average. For 1993 to 1995 models, Camry's rate of accident injury claims was 30 to 40 percent worse than midsize safety leaders Saab 900, Buick Regal, and Volvo 850. So signs of a new safety emphasis in the redesigned 1997 Camry are a welcome change.

Antilock brakes, for example, are now standard equipment on all Camrys except the base four-cylinder CE model, where they are an extra-cost option. Toyota predicts that 80 percent of all Camrys sold this year will have antilock brakes, compared to only 20 percent last year. Dual air bags are standard, and the three-point seat belts up front can be adjusted for your height. The 60/40 split rear seats have separate headrests, reinforced seat backs, a center armrest, and seat-back security locks.

Camry becomes the first front-wheel-drive Toyota to offer traction control, a prized option in the Snowbelt. It's available on the LE and XLE models with V6 engines. Working with the antilock brakes, the traction control unit senses tire slippage as the car accelerates on snow or ice. A computer automatically restricts gas and applies brakes, helping the driver maintain control.

You can buy the Camry with either a 133-horsepower four-cylinder engine, which offers enough pep for typical family driving, or with an optional 194-horsepower V-6.

Inside, the Camry has more room than the 1996 model because the wheelbase is two inches longer. Seat bottoms have been extended forward "to better accommodate the typical American driver," Toyota says.

The unadorned CE model sells for $16,818, but that's without air conditioning. The LE starts at $20,288, and the top-of-the-line XLE, shown on this page, starts at $22,228. All prices include delivery.

Despite their sales success, Japanese carmakers have been slow to emphasize safety. Toyota appears to be changing that with its 1997 Camry, a welcome shift that could make a good car even better.



Research: Jeff Lacina

Kelly Tires.

Recommended by

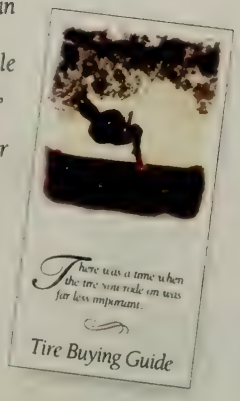
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As a mom, you know there's more to life than driving to soccer practice, basketball practice, gymnastics practice and Little League. There's also the orthodontist, the mall and the sleepovers. But it's O.K. Because you also know that your Kelly-Springfield tires are built to go a long, long way. And you've got the warranty to prove it. So go. ***Get every mile you can out of life.***



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Backyard Pond

Did you know that many plants can grow in the water? You can see for yourself if you make a water garden. Adding creatures can help keep the water clean. Turn the pages for directions on making a pond for your yard.

continued on page 238

BH&G kids

continued from page 237







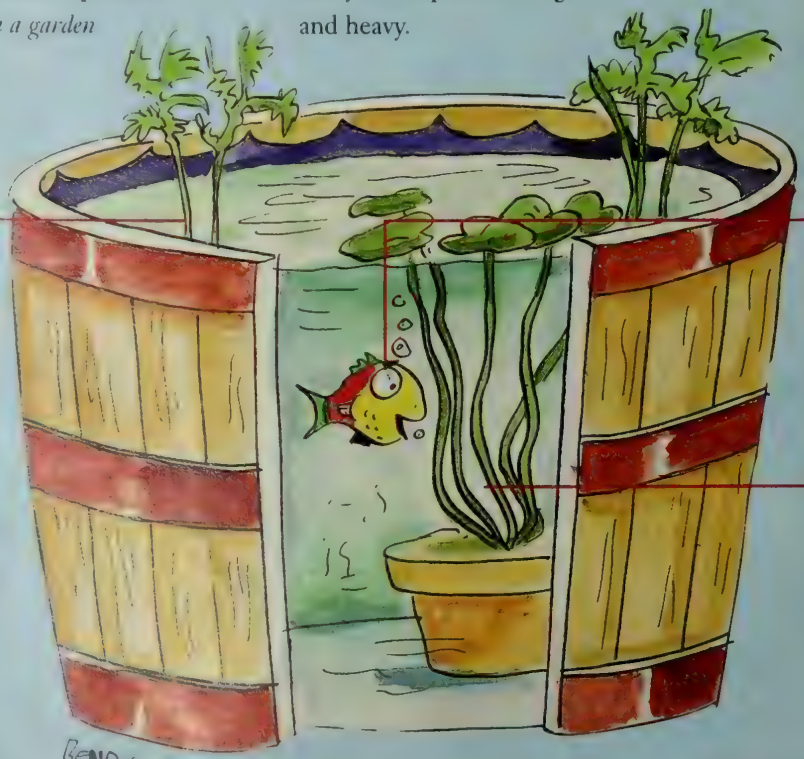
STEP 1: You can make a water garden above or below the ground. To make an above-ground water garden, start with a half whiskey barrel and a sheet of heavy plastic (20–45 mil) for a liner. You can buy these items at a garden center. Fit the liner snugly against the inside of the barrel.

(Note: If you wish to build a water garden below ground level, purchase a plastic mold from a garden center.)

STEP 2: Staple the liner to the barrel with a staple gun. You can staple the plastic to the upper rim of the inside of the barrel, as we have done, or fold it over the top and staple it to the outside. Either way, you will be stapling through several layers of plastic in some places because you will have to fold it to make it fit, so make sure your staples are long and heavy.

STEP 3: If you stapled your liner to the inside of the barrel, trim the plastic around the top of the barrel, as shown *above*. If you folded it over the edge of the barrel and then stapled, trim below the staples.

(Note: An adult should do the stapling and cutting.)



You will need oxygenating plants to absorb minerals and give off oxygen, which helps reduce algae in your garden.

Some plants, such as water lettuce, float freely in the pond and don't need to be potted.

Goldfish and koi do well in water gardens. Snails and tadpoles eat algae and other debris, which helps to keep your pond clean.

To keep your water lily blooming, fertilize every three weeks with tablets you can buy at a garden center or from a catalog.

continued on page 240

ULTRA BIZ ELIMINATES TRAFFIC ACCIDENTS.

ULTRA BIZ GETS OUT STAINS BETTER THAN THE LEADING COLORSAFE BLEACH.

An entire morning searching kids' stores, and I found it. The perfect shorts for a car and truck maniac. Luke just loved them! But that very afternoon, Luke had a run in with BBQ sauce. It was an accident I thought the shorts would never survive. My old bleach? No way! So I tried Biz. One wash and the shorts were back on the street. Biz® really is better!



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Washed once in Ultra Biz.

THE BETTER STAIN GETTER

ULTRA BIZ for Stains!

BH&G kids

continued from page 238







STEP 4: Find a sunny spot, and place your barrel there before filling. Your plants will do best with at least four hours of direct sunlight a day. Fill your barrel with water, to just below the staple line if you stapled on the inside. Let it sit until the water temperature reaches at least 65° before adding plants or fish.

Many garden centers sell a variety of plants for water gardens. To order a package of water plants, see page 212.

STEP 5: While the water is warming, it's time to prepare your plants. Several water plants, such as lilies and paper plants, need to be potted in soil before you place them in the water. Plant them in heavier garden soil rather than potting soil, which is too light to be put in water gardens (it will float out of the pots). You may want to mix a handful of fertilizer into the soil before putting it in the pots.

STEP 6: Place the plants into the pots according to planting directions for pot size and root depth. Most water plants need a pot at least 12 inches in diameter and 6 inches deep.



STEP 7: Cover the dirt with a layer of sand or rock to hold the soil in the pots.



continued on page 242

How to help your child out of diapers and into "Big Kid" pants for keeps.

s your child in toilet training? About o start? Your timing is perfect! Today's Pull-Ups® training pants help motivate kids to start and stay with training as no diaper can.

From Baby to "Big Kid™"

With their slim, trim fit and special designs for boys and girls, Pull-Ups look, fit and feel more like "Big Kid" underwear than any diaper. They take advantage of a toddler's natural desire to be a "Big Kid," not a baby. Moms who have been there will tell you, this can make potty training easier – on both of you.

Diapers say "No you can't."
Pull-Ups say "Yes you can!"

Because Pull-Ups really *are* pants, not diapers, kids can pull them off and on all by themselves. Kids feel more independent, because they *are* more independent. Putting a child back in diapers is like going back a grade in school. It doesn't further training. The consistent use of Pull-Ups does. They tell the child "you're getting big." They even look more like "Big Kid" underwear than ever, with their back label and their special graphics – fly-front for boys, ruffles for girls, just like pants older kids wear.



"Accident Insurance"

Graduating out of diapers is a giant step for children. But with Pull-Ups, yours won't be leaving protection behind. Today's Pull-Ups pants protect just like a diaper – with leak guards and the same super-absorbent material that goes into Huggies® Diapers. So accidents won't turn into setbacks. Pull-Ups are major confidence-builders. Even overnight, on trips, or when you can't be there yourself. (P.S. In case of messy BMs, special "tear-away" side seams make removal as neat as diapers.)

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An excellent interactive training guide is available from Pull-Ups. Developed with the help of pediatricians, it covers pretty much everything parents and children need to know to succeed. Lots of fun activities and stickers help you keep interest and motivation high every step of the way. Better yet, it's almost free. ($1 for printing, postage, the works.) For your copy, please write to Pull-Ups Training Guide, P.O. Box 1007, Maple Plain, MN 55592.

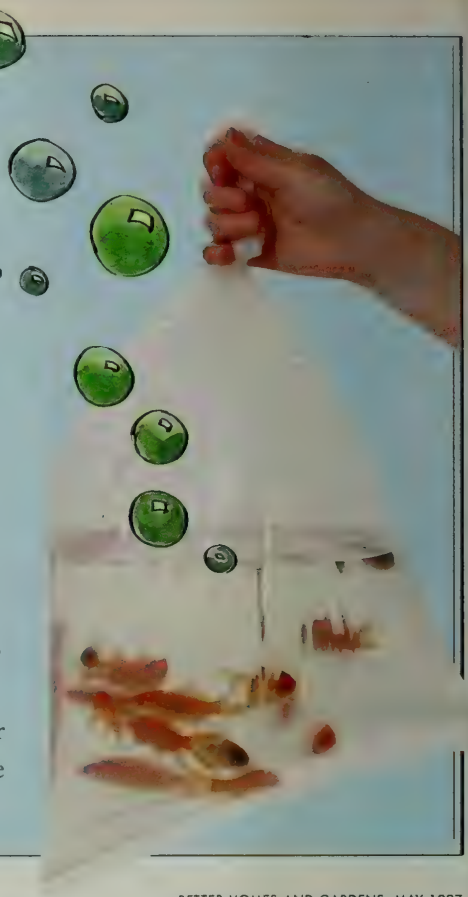
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BH&G kids *continued from page 240*



STEP 8: If your water is warm enough, it's time to add the plants and wildlife to the water. Slowly submerge the potted plants to the recommended depth. To add the fish, lower the bag that you bought them in into the water. Let the bag sit in the water for several hours before opening it to allow the temperature to adjust. Slowly open the bag, letting the water from the two sources exchange place gradually. You can feed the fish with commercial goldfish food. Keep track of how much they eat. If there is food left after five or 10 minutes, don't feed them as much the next time. Your fish will probably only need to be fed about three times a week.



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2. Submit entry form along with an Energizer® Lithium Photo Battery proof-of-purchase and cash register receipt with amount of purchase circled OR, in lieu of proof-of-purchase, the words "Energizer Magic Touch" hand-printed on a 3" x 5" card.
3. Mail to: Energizer® Magic Touch Vacation Photo Contest, 5030 Daggett Avenue, St. Louis, MO 63110.
4. No entry fee is required for participation.
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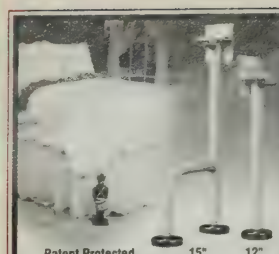


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STEP 9: Some water gardeners have added filters, pumps, and other equipment to keep their ponds clear and free of algae. But with the right blend of plants and scavengers, you should be able to keep a container pond of this size going without all the fancy stuff. Turn to *page 212* to order a package of plants that contains the right number and type of plants for a water garden of the size we have shown. ⌂



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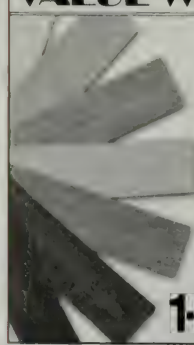
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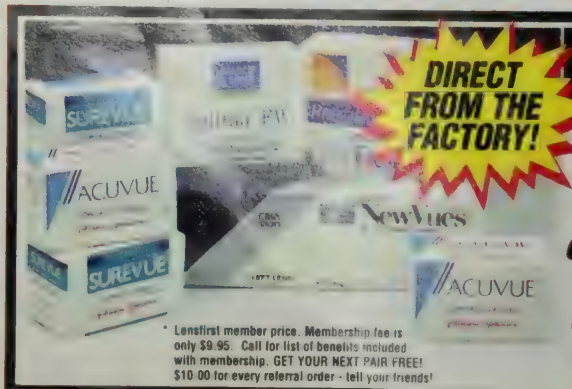
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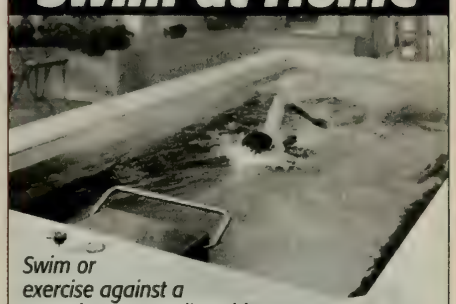
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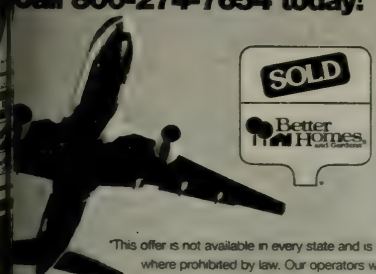
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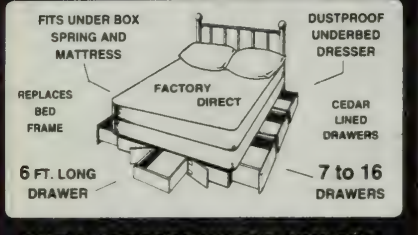
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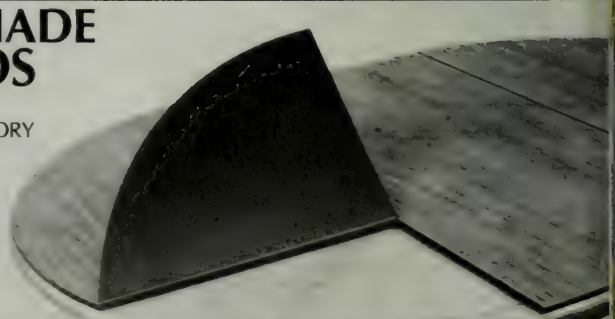
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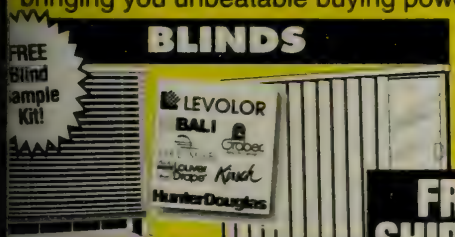
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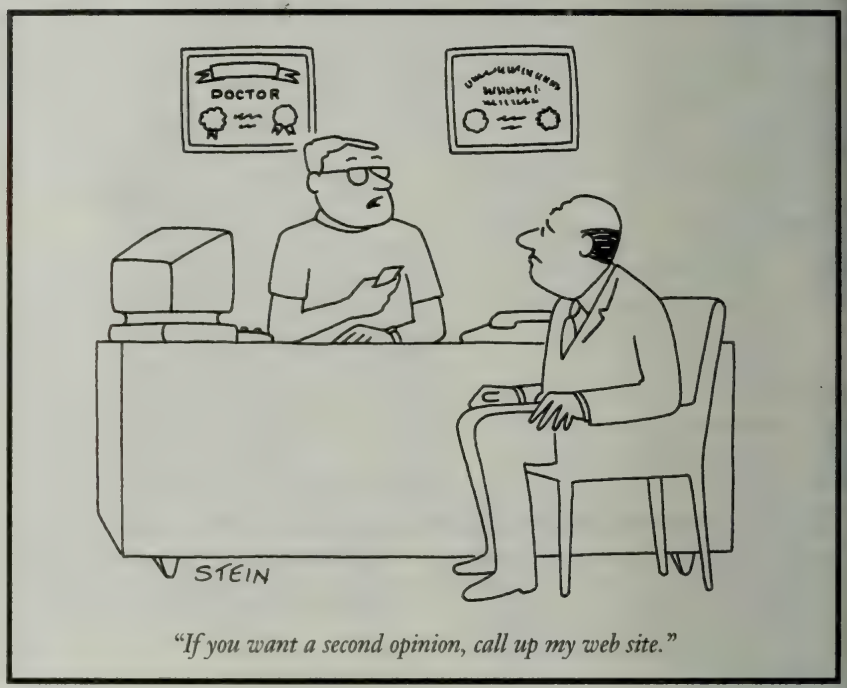
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"If you want a second opinion, call up my web site."

Spring is in the air, and while many folks are outside on weekends getting a start on their gardens, police are warning residents to lock their front doors. They don't want crooks to reap an abundant harvest of their own.

Our kids thought Christine's cellular phone was cool when she first got it a few months ago, but they've since changed their minds. On her way home from the store last night, Chris called to tell Burt Jr. to meet her in the garage to help unload a trunk full of groceries.

Aunt Opal says she isn't bothered at all by an occasional wrong number in the middle of the night. What worries her is the possibility that one day the call will be to the correct number.

Elaine Cowan returned from her recent high school class reunion to report that all her old flames are in no danger of setting off any wildfires this year.



"When you're old and living with me, you're going to bed at 7:30!"

Our daughter Rosemary will be home from college in a few weeks. Needless to say, the annual rush by other family members to reclaim stuff temporarily stored in her room has begun.

"Life would be more enjoyable," the Rev. George Hall said last Sunday, "if we'd just spend as much time working on our marriages as we do cultivating our gardens."

Dr. Bob Hannelly says too many men who come to him for physicals are already in trouble with what staffers in his office call "Dunlop's disease." "That's when their stomachs done lop over their belt buckles," he says with a laugh.

Lee Bayless emerged from heart surgery two months ago in excellent health and has since lost about 20 pounds. Lee jokes that his wife is so jealous he "may never get a square meal at his house again."

Bill Norman bought a personalized license plate with his wedding date inscribed, hoping it would help him remember his anniversary. While it doesn't always work, he says that his wife now never forgets.

Uncle Dodd Buckner, who has bought only used cars in his life, says he doesn't buy new for a simple reason: It takes a few years to really smell a lemon.

Suburbia, says Tom Hawkins, is a land of mythical tranquillity blighted only by leaf blowers, chain saws, power mowers, and other naptime spoilers.

Grandma Hillis says she isn't exactly certain what's meant by the term "prime time," but she suspects that is what existed before television came along.

Burton Hillis

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June

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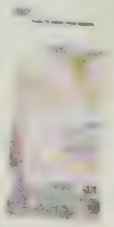
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ANDY LYONS

"What is so rare as a day in June? Then, if ever, come perfect days." James Russell Lowell knew exactly what he was talking about when he wrote those lines. And I couldn't agree with him more, even if the book I was reading here was not Lowell poetry. It was probably a British mystery, a bit of fun for which I make no apologies. Summers are for escaping, having fun, and soaking up every bit of warm, fresh air Mother Nature has to offer.

When our magazine staff started working on this outdoor living issue (in the dead of winter), I was warmed just looking at the photographs. I could imagine myself sipping lemonade in a spot like the one on our cover, or dozing in the hammock on *page 161*. I wanted to laze away an afternoon in the rocker on *page 163*, just letting my mind drift, creating pictures in the clouds overhead.

At one time, outdoor living meant camping out, roughing it. Today, we're all carving out little spots in our yards to form outdoor rooms. This snowballing trend toward creating a nook in nature whisks me back to my childhood when, every summer, I made rooms wherever I could—in a shadowy clearing in the woods, in the stands of tall woodland ferns, even in the branches of the neighbor's willow tree.

June and outdoor living just seem to go together. So come join us on our pages and find out how to enjoy the best summer escape ever—right in your own backyard.

Jean LemMon

Jean LemMon, *Editor in Chief*

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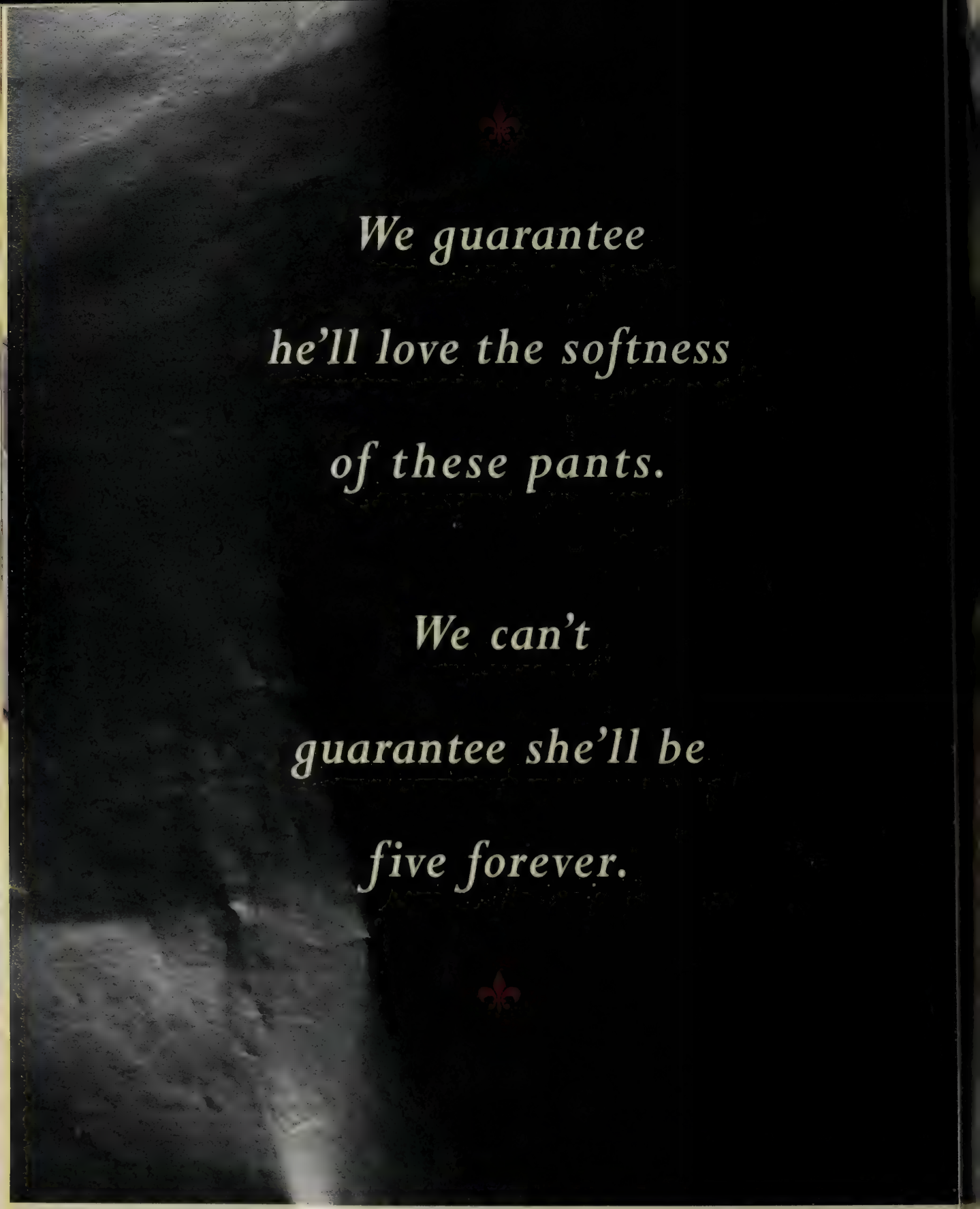
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Baby Shower Advice

I've been to baby showers where the guests will "oooh" and "aaah" over the first few gifts, then lose interest, leaving the mother-to-be opening gifts amidst the noise of their conversations. I didn't want that to happen at a shower I was to give, so I asked each guest to offer some sound mothering advice to the expectant mom as she opened gifts. Everyone was involved and attentive. We even had some good laughs.

Joann Albertson
Nellysford, Va.

Breakfast Social Eases First Day for Exchange Student

Our foreign exchange student was understandably nervous about her first day at our high school, so I invited seven of her soon-to-be classmates for breakfast. They introduced her to other students and helped her find her classrooms. She was able to recognize many new friends in the halls and adjusted quickly to her new school.

Barbara Furst
York, Neb.

Fight Fear of Dark with Glow-in-the-Dark Fun

My daughter's fear of the dark was alleviated when I made the dark her "friend." I bought her things that could only be played with in the dark. We affixed glow-in-the-dark stars, comets, and moons to the ceiling in her bedroom and bought her a flashlight and special books that glow in the dark. Now she can't wait for nighttime!

Jean Eddy
Laurel, Del.

Errand Days Are 'Dot-to-Dot' Days

My young children no longer moan about errand days—and the long car rides they involve—since they became our "dot-to-dot" days. I draw a simple "map," charting our course with labeled dots. As we go, the children connect the dots. When complete, the connected dots form the shape of an ice cream cone, which is, of course, their reward and our last stop.

Karen Albright Lin
Longmont, Colo.

Tag-Team Grocery Shopping

You're exhausted from another full day of work, but there's nothing in the house to fix for supper. Pile your family into the car and head to the store for a game of tag-team grocery shopping. (It helps if you've planned ahead by organizing your grocery list by aisle.) Divide up the list equally. Depending on the size of your family, you may want to team up older and younger children. Meet at the checkout line. It's fun family time.

MaryBeth Smith
Erie, Pa.

Write to Us

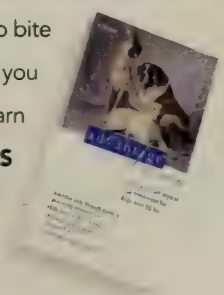
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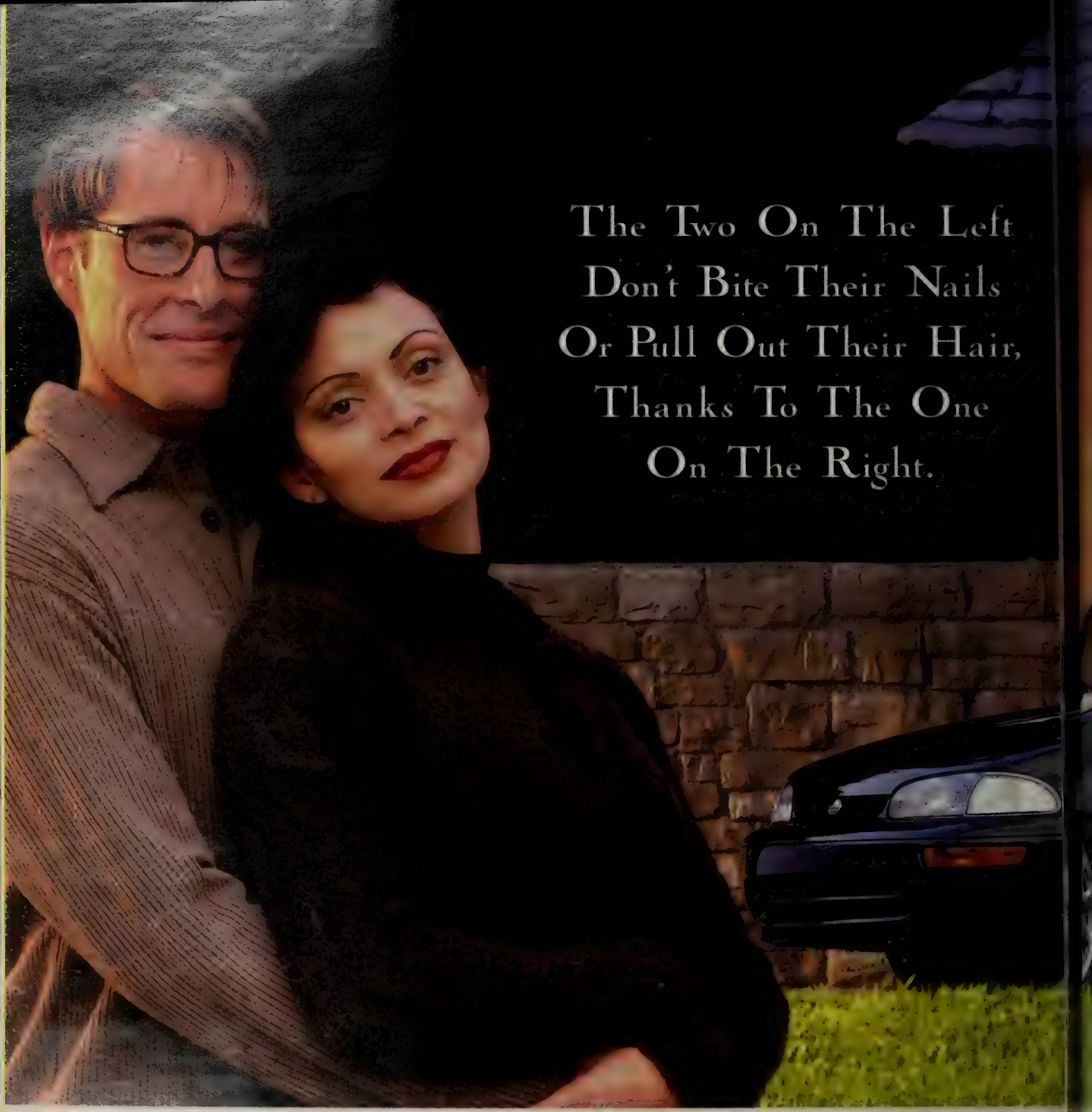
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No–Sew Window Treatments

Even if you've got no time to sew—or no machine to sew on—you still can whip up some great window treatments this weekend. The first step? Check out your linen closet or local department store for sheets and table linens that can be transformed into creative curtains.

Let the Sun In

If you have two twin flat sheets, you have the makings for a floor-length curtain. For this project, we used a rubber stamp in a sunburst design on yellow-striped sheets. Make sure your sheets are fairly plain and light in color so the stamping shows. You'll need ink pads with fabric paints in two colors. Randomly stamp the design in both colors. Let dry. Loop sheet ends over a curtain rod and tie off. Let the bottom edge puddle on the floor.





continued on page 24

Turning The Table

Rummage a little further in that closet. You're bound to have a lace tablecloth around somewhere. If not, buy a rectangular one that's at least the length from your curtain rod to the floor. If it's too long, you can fold over the top and make a valance, as shown. This project requires no cutting or sewing. So when you get tired of the curtain or want to rest the textile, you can put it back in the closet or on the table. If the cloth has a center medallion, try to position it so it hangs roughly in the center of the window. Attach the cloth to the curtain rod with clip-on drapery rings. Gather in the center and tie with a ribbon.





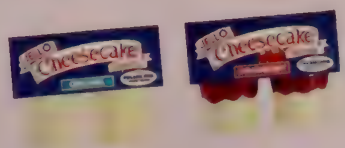
continued on page 26

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Banded in Satin

Vine-patterned sheets and a narrow satin border make this curtain as appealing as a crisp cotton sundress. You'll need two twin flat sheets, plus enough 1-inch-wide satin ribbon to band all sides of both panels. You'll also need about 24 ½-inch metal grommets (available at fabric stores) for slipping the curtain onto a slim decorative rod. (If your rod is more than ½ inch in diameter, look for larger grommets at awning or sailing supply stores.) Trim sheets, if necessary, to floor length. Space grommets 5 to 6 inches apart along the top of each panel. Attach ribbon border with iron-on hem tape, turning each corner for a mitered effect.





continued on page 28



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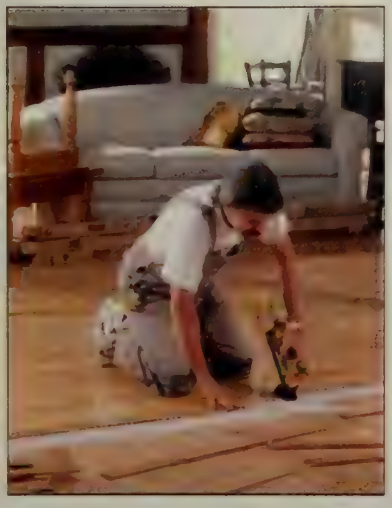
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Getting Nostalgic

A square tablecloth, folded in half to make a triangle, forms this simple valance. The vintage apple print is as fun as a summer picnic. Look for old table linens at flea markets and antique stores. Or shop for new designs that replicate vintage patterns. To hang the valance, simply fold the cloth in half diagonally and pin it directly to the window frame with drapery tacks, letting the corners fall loosely at each end.



continued on page 30


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Pushing Up Daisies

For a window treatment that's fresh as spring, scatter iron-on daisies across a field of checks. Ribbon ties threaded through metal grommets provide the finishing touch. Attach ½-inch grommets to two twin flat sheets as described in the Banded in Satin project (*page 26*). Randomly apply appliqués. (We used 24 on each panel.) Cut 24 30-inch pieces of 1½-inch-wide satin ribbon. Hang curtains by threading ribbons through grommets and tying in bows, as shown.





continued on page 32

76 Clairol® Inc.



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Swagged in Elegance

A single length of voile or lace wraps a window in sheer romance. Decorative holders, mounted above the window frame, hold the fabric in place. To determine how much fabric you need, measure from the floor to the swag holder and multiply by 2. Add the distance between the swag holders, plus 24 inches to allow for puddling and the drape in your swag. Hem both ends using iron-on hem tape. Drape the fabric over the swag holders, letting it dip a little in the middle.





Buying information, page 80

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HYPO-ALLERGENIC

Over the edge

by Catherine Kramer

If you think only about what goes on top of a shelf, you might be missing a great opportunity to add color, softness, and architectural interest underneath. Decorative wood moldings, fabric and paper lace, wallpaper borders, even upholstery trims make great add-ons to ordinary wood shelves, whether they are wall mounted or in a case or cabinet. Just choose a stiff material that won't curl with time. Keep the length to a couple of inches so you don't obscure the objects behind it. And remember that glue and other fasteners will mar fine wood, so you may not want to try this on fine custom cabinetry.

continued on page 40



PHOTOGRAPHS ANDY LYONS

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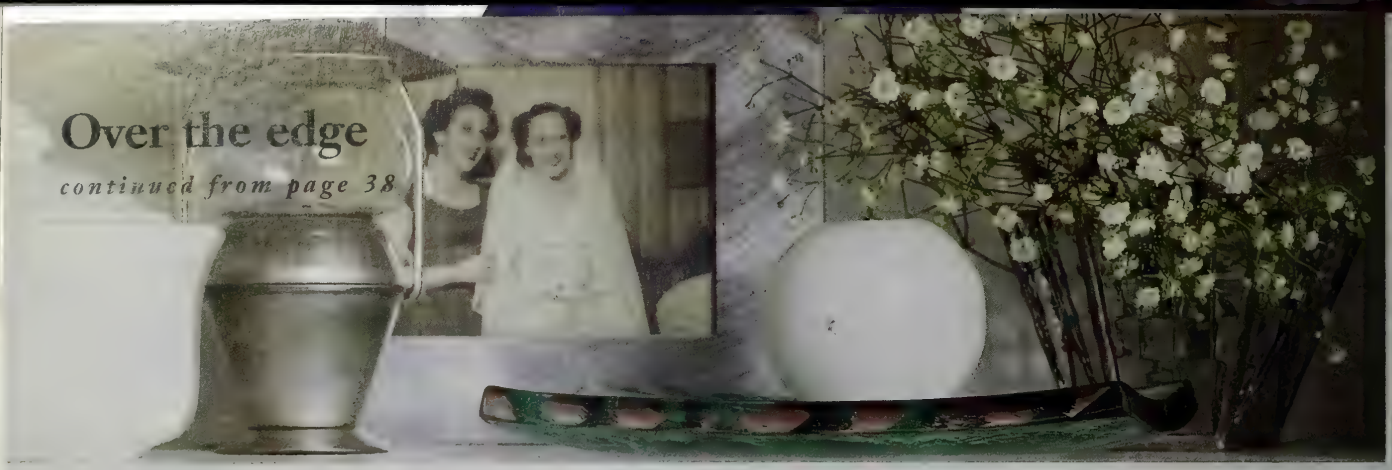


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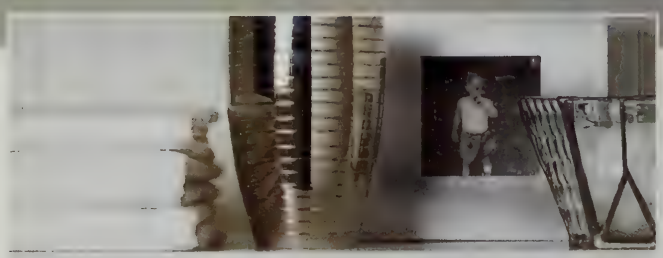
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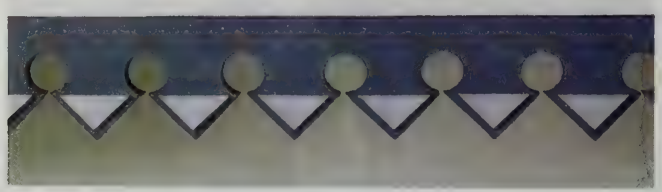
Over the edge

continued from page 38









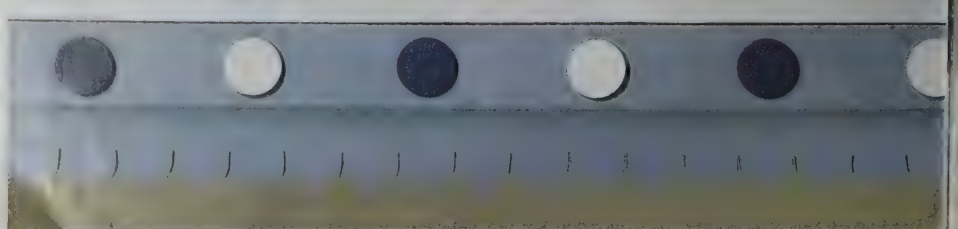
Mail-order millwork The decorative moldings shown here are the type typically seen embellishing the exteriors of old Victorian homes. If your local lumberyard doesn't stock a wide variety, consider ordering pieces from catalogs that specialize in vintage-style trims.

Spruce up these decorative moldings by adding small wooden shapes (available at crafts stores). Consider the molding design when picking shapes. Small triangles echo the arrowhead molding, *left*. Circles enhance the scalloped shape, *below*. Both were used on the picket-fence-style molding, *top*.

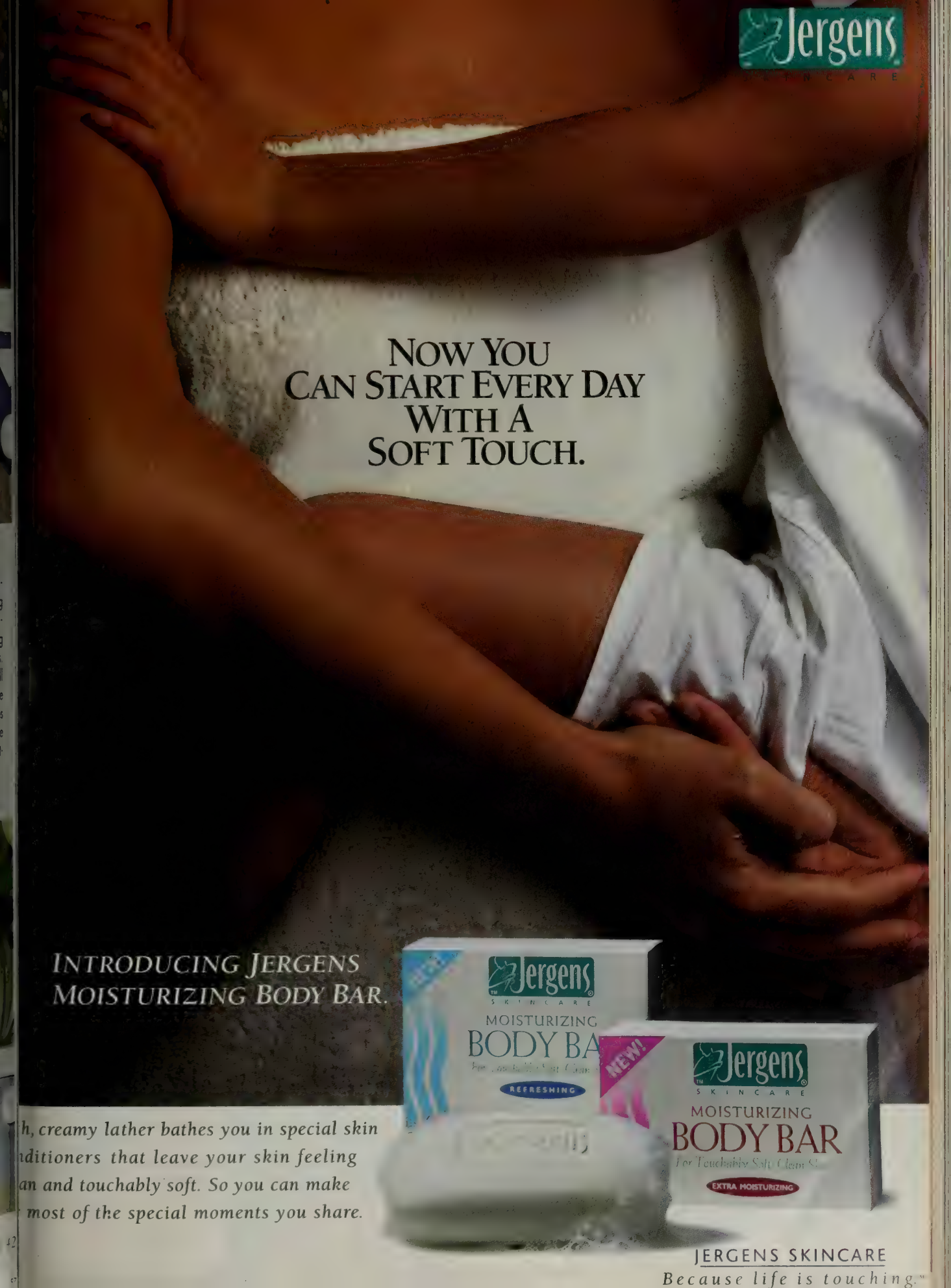
Finishing touches

Before assembling the pieces, sand, prime, and paint the moldings. Paint the small shapes, then attach them to the moldings with wood glue. For a permanent treatment, use clamps and wood glue to attach the moldings to the shelves. For temporary add-ons, use finishing nails driven into the side of a cabinet, or attach them with small L-brackets underneath.





continued on page 42


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Over the edge

continued from page 40



Linen and lace To soften hard edges with old-fashioned charm, attach lace to shelves with hot glue or other clear-drying adhesive. Fabric lace in three patterns trims the corner shelves, *above*. Paper lace provides a similar treatment on the single shelf, *left*. To make the corner shelves, *above*, cut ¾-inch plywood into triangles with a 90-degree angle. Ours have 18-inch sides. But you can adjust the side dimension to create deeper or shallower shelves. The single shelf, *left*, is made from 2×6 lumber. Both can be braced with buyable wood or metal brackets.

continued on page 44


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Over the edge

continued from page 42



PHOTOGRAPHS: KING AU

On the fringe Inspired by the trend for natural materials and colors, this shelf features an off-white moss edging that complements the soft-lined accessories. Glue the fringe (available [illegible]ic shops and upholstery supply stores) to the shelf edge with a clear-drying adhesive.





PHOTOGRAPHS: KING AU

Paper trail When it comes to wallpaper borders, think "off the wall." Here, a hand-trimmed border has been pasted along the front edge of a narrow wall shelf, giving the effect of a colorful apron. (Note: You'll have better results if you prime the front edge of the shelf first.) This border coordinates with the shelf's wood finish as well as the colored bottles and earth-toned pottery displayed on top. With so many wallpaper borders available, you're sure to find a border that suits your personal style.

Suite Canopies

by Catherine Kramer



When it's time for dreaming, slip under the cover of one of these canopy dressings. Suited for any four-poster with a tester rail, these two canopies have softening power, whether you like a frill or are the more tailored type.



FLORAL. A soft breeze of lace and florals embraces this romantic bed. This look is especially light and airy because there is no canopy topper. Close side panels to diffuse light shadows by day and moonbeams by night.

LACE LIFTS

Materials: 54-inch-wide lace and floral fabrics; two coordinating solid colored fabrics for ties; matching thread for each fabric.

Instructions: Finished canopy valance length is approximately 16 inches, excluding ties. Unless otherwise stated, sew with right sides together using a ½-inch seam allowance.

Floral valance and lace petticoat: Measure the width (side post to side post) of the tester; double that amount. Measure the length (head to foot) of the tester; double that amount. Cut two valance end panels from the floral fabric 19 inches by the tester width amount, piecing as necessary. For the two valance side panels, cut the floral fabric 19 inches by the tester length amount, piecing as necessary. For the lace petticoats, cut the panels 20 inches by the same length and width amounts as measured for the valance.

On the short ends and the lower long edge of each valance panel piece, turn the raw edges under 1 inch twice for the hems; sew in place.

To calculate the number of ties needed, pair them at approximately 13-inch intervals. Cut 2×18-inch strips, one of the coordinated solid colored fabrics, for each tie. Fold each strip in half lengthwise with wrong sides together. On each long side, turn ½ inch of the raw edge to the inside; topstitch close to the edge.

With raw edges even, lay the wrong side of the lace atop the right side of the floral fabric. (The lace petticoat will fall 1 inch below the floral valance.) Stack two ties together and pin the strips evenly between the lace and the floral valance panels, matching raw edges. Sew along the edge. Complete each panel in the same manner.

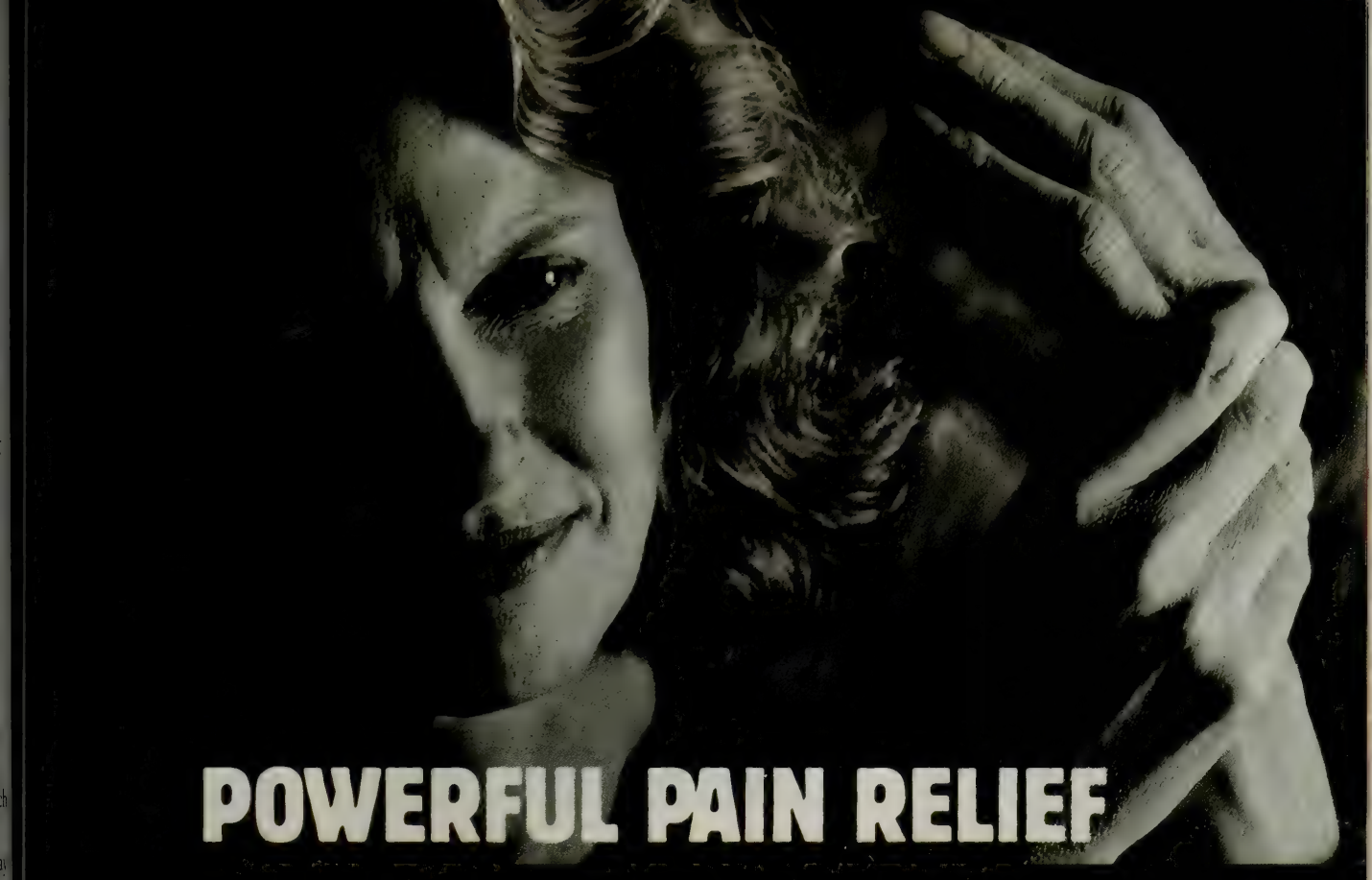
Lace side panels: You will use one full width of fabric for each side panel. To determine length of panels, measure from the lower edge of tester rail to the floor. Add 8 inches for hemming. Cut lace to this length.

On the long sides of each panel, turn raw edges under 1 inch twice; sew in place. For the lower hem and upper edge, turn raw edges under 2 inches twice; sew in place.

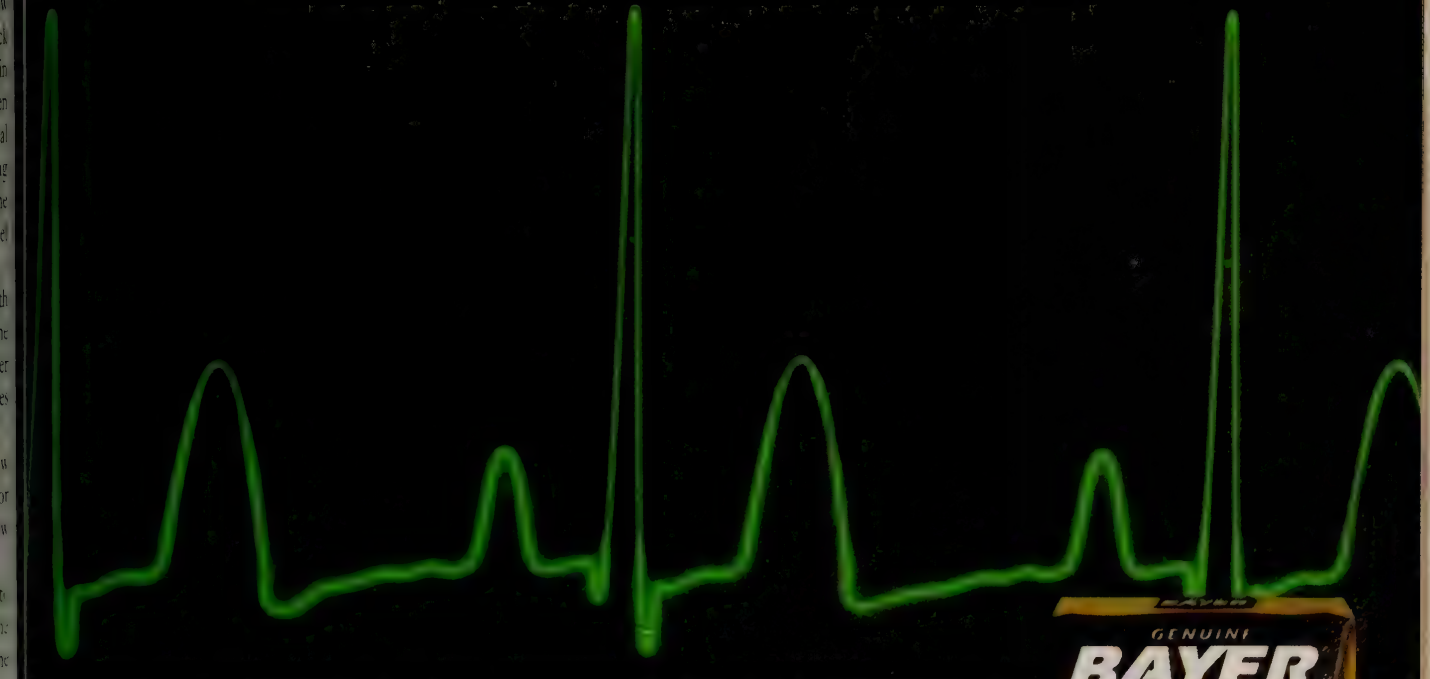
Use the remaining solid-colored fabric to make the ties for the side panels in the same manner as for the valance. Space the ties as for the valance. Tack them in place along the upper edge, on the wrong side of the lace panels.

Note: These lace side panels are stationary. If you prefer to have side panels at the foot of the bed as well, or if you would like to be able to close the side panels around the bed, you will need to figure in additional fabric.

continued on page 48



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Suite Canopies *continued from page 46*



CHECKS. For this tailored canopy, dish out checks in generous portions. Then, savor the easy sewing that makes this canopy dressing so desirable. Tabs hold panels in place, a contrasting liner peeks out from behind the toppers, and a "tablecloth" spread covers it all.

CHECK MATES

Materials: Three coordinating 54-inch-wide fabrics in woven plaids and checks; hook-and-loop tape; matching thread for each fabric.

Instructions: Unless otherwise stated, sew with right sides together using a ½-inch seam allowance.

Double layer canopy topper: Measure width (side post to side post) and length (head to foot) of tester. Add 28 inches to each measurement to allow for 12-inch drop and hems. Cut topper fabric to this size, piecing as necessary. Turn raw edges under 1 inch twice on all sides; sew. Our optional windowpane check "petticoat" is box-shaped and made of five fabric pieces. From this fabric, cut a rectangular shape the width and length of tester, piecing as needed. Add 1 inch to all sides. Cut head and foot panel liners 17 inches in length (to allow for 14-inch drop and hem) by width of tester. Cut two side panel liners 17 inches by length of tester. On short edges of panel liners, turn under 1 inch twice; sew. On lower edge of panel liners, turn under ½ inch and then 2 inches for hem. With raw edges even, sew head, foot, and side panel liners to rectangular liner. Tack hemmed edges of panel liners together in all corners.

Side panels: You will use one full width of fabric for each side curtain. To determine length, measure from lower edge of tester rail to floor. Add 4½ inches for hemming. Cut fabric and lining to this length. For tabs, cut enough 5½ x 8-inch strips of fabric to evenly space them about 11 inches apart on each side panel. (Note: Tester rail sizes vary. Check tab length for fit over tester rail before cutting tabs. If tab length is too short, lengthen strips.) Fold each tab in half lengthwise; sew long edge. Turn right side out; press seam to center back. Turn edges under on one short end of each tab; sew closed. Sew a small piece of hook-and-loop tape just above this hem on seamed side of each tab. Position tabs between panel and lining, spacing evenly with raw edges matching and seamed side facing liner. Sew along upper edge. Sew the other three edges of each side panel, leaving an opening for turning. Turn panel right side out; slip-stitch the opening closed. Sew hook-and-loop tape, to inside of panels, at base of tabs. Hang side curtains, then canopy liner, and finish with topper.

Buying information, page 76

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design

Decorating Q&A

Q: I have just moved into a new home and can't afford the draperies I want quite yet. What would you recommend I do in the meantime?

A: You're smart to hold out for the window dressings you really prefer. Until then, consider ways you can start to "build up to" your dream window treatment.

In a living or dining room, you might invest in the decorative rod that you want, but purchase inexpensive fabric. Simply drape the fabric over the rod and let it puddle onto the floor. Then, when you're ready to install your permanent window dressing, your rod is already in place, and the fabric you have can be used for throw pillows or chair cushions.

In a bedroom, where privacy is a concern, you might opt for an understated shade—either a temporary fix or one that will be used later in tandem with the permanent treatment. If you're looking for a temporary treatment, consider a plain white roller shade, a buyable fusible or ready-made bamboo shade, or make your own fabric Roman shade. Personalize it with decorative pulls, trim, painted stencils, or rubber-stamp designs. For a lasting investment, look at pleated shades, miniblinds, or wood blinds that can tuck up under fanciful fabric treatments.

Q: I need new end tables in my living room, but I have a limited budget. Do you have any ideas to pass along?

A: Tables can cost as little or as much as you like. Some of the most creative ones are born of necessity—and a small budget.

One of the simplest and least expensive solutions is to use a plywood round, also called a decorator table, (available in fabric and crafts stores and through mail-order catalogs) topped with a table skirt. Because you have so little invested in the table itself, you can change the skirt—and the look of the room—more often.

Another practical option is to top a wicker basket with a piece of glass. The glass top can be removed for easy cleaning or access to what's in the basket.

You might also check out your local unfinished-furniture stores to find a table you like. Then bring it home and apply your favorite painted finish, such as painted stripes, faux marble, granite, or decorative gold leaf. If you're new to painted finishes, look for a ready-made kit that can guide you through the process.

Visit local antique shops. You just may find the perfect filler. Search for a bench, a set of wooden boxes, or a large old crock that could be topped with a plate of glass.

Scour your belongings to see what could be put to better use. A child's chair or antique piano stool might be pulled into duty. Stack a pile of books beside your chair, just high enough to be within reach.

Q: The carpet in my family room gets a lot of wear and tear, and seems to need regular cleaning. Can I successfully clean it myself, or would you recommend that I hire a professional service?

A: Your cleaning options are more varied than you might expect. If you have a house full of kids and pets, you may want to purchase your own carpet cleaning system so you can battle dirt regularly. These systems can save you money in the long run but don't have the cleaning power that professional models do. Your options include hot water extraction units and dry extraction units. Steam cleaners inject a water solution into the carpet pile; the dirty solution is then pulled back into the machine. Dry extraction machines, on the other hand, require you to spread a dry absorbent compound over the carpet before vacuuming with the machine. Although they generally work better than home steamers because they don't leave a residue, these dry extraction machines and chemicals are also more expensive.

Keep in mind that you can rent professional-quality steam cleaners. These are typically more powerful than home systems, but the cost of renting the unit plus cleaning solutions can quickly become pricey.

Finally, there's the option of the professional cleaner. Here, too, you have the choice of a wet or dry system. But professionals have far more powerful equipment than you're likely to buy or rent, plus they offer the stain-removing know-how that you may really need.

Q: I have small children who inevitably spill on the carpet. Is it worth investing in a new stain-resistant carpet? Are these carpets really stainproof?

A: Most of today's carpets are treated with special finishes that resist soil and stains. These finishes hold the spill on the fiber's surface, giving you some time to absorb the liquid and use spot removal techniques before the spill has had a chance to penetrate the fibers. However, no carpet is entirely stainproof. The longer you leave the spill unattended, the more difficult it will be to remove using standard spot removal techniques.

Likewise, many manufacturers provide toll-free help for cleaning assistance. (Check your carpet's warranty for specific information.) There are home remedies for specific stains. But before trying any treatment, pretest a small, inconspicuous area to ensure that the solution will not damage the carpet or its dyes.



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Scraps of fabric—from children's clothes you made...curtains you sewed for your first home...or cushions you made to replace the ones the puppy chewed. At first you saved them for mending...then just for the memories.

Now these patchwork hearts have been re-created on a fine, ribbon-threaded porcelain plate with a "stitched" inscription that reads, "A Family is Held Together With Heartstrings." What a sweet way to remember this all-important sentiment, with a lovely porcelain "quilt" of hearts threaded with ribbon. You can even change the ribbon color to fit your decor!

"Family Ties" is the important first issue in the sentimental *Heartstrings* limited-edition collection by award-winning artist Judy Gibson.

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Hip! Hip! Pooh-ray!

A wonderful new limited-edition collectible!



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Actual size 8¼ inches
Plate stand not included

"Hello, Pooh!"

Oh bother, bounced again! But it shouldn't come as a surprise to the silly old bear. That's what a Tigger does best. Of course, Pooh never tires of the antics of his bouncy friend. Because bounding and trouncing and flouncing make for oodles of fun in the Hundred Acre Wood. On that Tigger and Pooh see eye-to-eye—or is that nose-to-nose?

Now the whimsical charm of these two best friends are captured in brilliant color by Disney artists on a limited-edition porcelain collector's plate measuring 8¼ inches in diameter.

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Actual size 8⅛ inches

"Family Ties"

Scraps of fabric—from children's clothes you made...curtains you sewed for your first home...or cushions you made to replace the ones the puppy chewed. At first you saved them for mending – then just for the memories.

Now these patchwork hearts have been re-created on a fine, ribbon-threaded porcelain plate with a "stitched" inscription that reads, "A Family is Held Together With Heartstrings." What a sweet way to remember this all-important sentiment, with a lovely porcelain "quilt" of hearts threaded with satin. You can even change the ribbon color to fit your decor!

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Hip! Hip! Pooh-ray!



© Disney

Actual size 8¼ inches
Plate stand not included

"Hello, Pooh!"

Oh bother, bounced again! But it shouldn't come as a surprise to the silly old bear. That's what a Tigger does best. Of course, Pooh never tires of the antics of his bouncy friend. Because bounding and trouncing and flouncing make for oodles of fun in the Hundred Acre Wood. On that Tigger and Pooh see eye-to-eye—or is that nose-to-nose?

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Pillow perk-ups

Craft fast and fashionable pillows without threading a needle.

The projects shown here are made from presewn fabric envelopes or tubes, sold in kits or by the yard. You add your own iron- or glue-on trimmings. One stop at the fabric store and you're ready to start.

by Catherine Kramer



The Envelope Please
For a quick makeover, slip a pillow into this fold-over fabric pouch. The buyable envelope comes stitched. Use iron-on fusing tape or fabric glue to secure a pregathered ruffle to the underside of the flap. Tack on a pretty button.



Lazy Daisy
To make this easy bolster pillow, start with a length of presewn fabric tubing. Iron or glue on daisy appliqués. Use fusing tape and ribbon to cover raw ends. Stuff the pillow. Tie off the ends candy style with more ribbon.

continued on page 56



"I have a green thumb, ut my hands are red and dry!"

Gardening is one of the most beautiful things u can do with your hands. It's also one of the ighest things you can do to your hands. No matter how severe the problem, the ncentrated therapy of Neutrogena® Hand eam heals dry skin. It provides immediate ief, leaving skin softer and smoother. A single op of its glycerin enriched formula gives you ore moisture than a handful of lotion.

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Pillow perk-ups

continued from page 54



Tassels and Bows

Believe it or not, this pillow is made from a readymade tube, too. Purchase a length of tube three times as long as your pillow. Hem the ends with fusible hemming tape and glue on cord trim. Slip the pillow inside and flip both ends to the center, folding the tube in thirds. Gather the ends into a bow-tie shape and tie with a looped tassel.

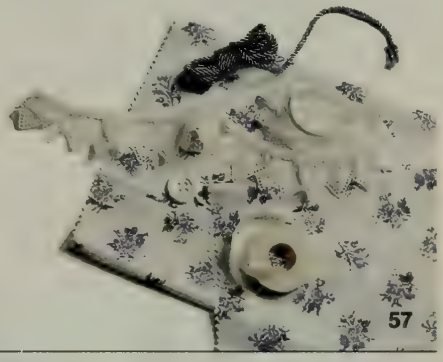
I may never take them of



The Eyelets Have It
An eyelet ruffle gives this bolster a finished look. Start with a 10-inch fabric tube. Hem raw ends with fusing tape. Fuse ruffle 6½ inches from either end. Stuff and tie.

TIPS AND TECHNIQUES
Here are some tips to make your projects even easier. Fabric tubes or envelopes, fusing tape, fabric glue, batting, and pillow forms are the primary parts for all of these easy pillows.

- Iron the fabrics before assembling.
- Cut the edges with pinking shears to prevent raveling, or fuse a narrow hem using ½-inch fusing tape.
- Attach trims with fusing tape that irons on, liquid fusing, or fabric glue.
- Fill bolster pillows with rolled-up quilt batting—45×60 inches for the eyelet pillow; one-fourth that amount (10×60 inches) for the daisy pillow.



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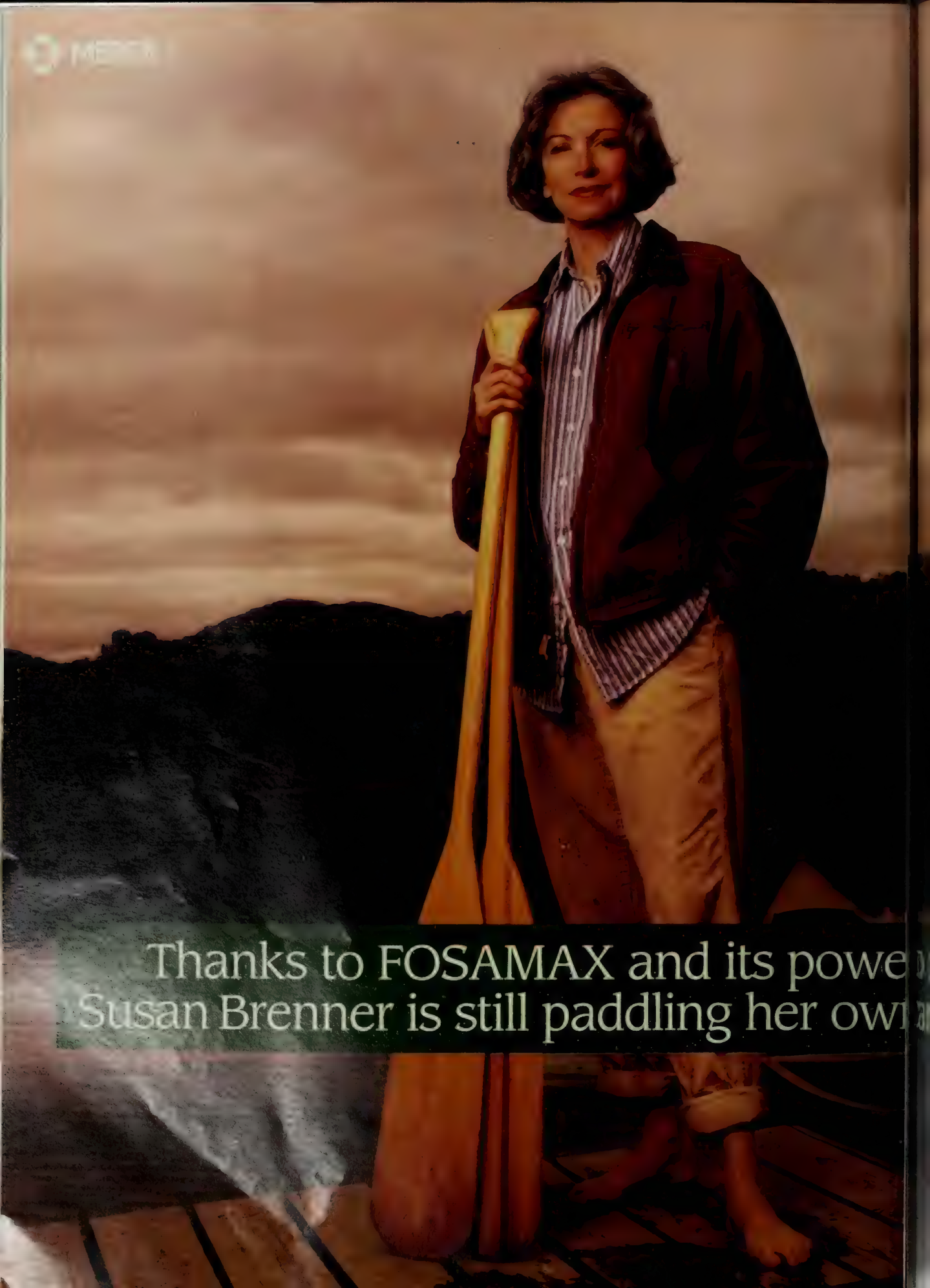








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Thanks to FOSAMAX and its powe
Susan Brenner is still paddling her ow



FOSAMAX is the first non-hormonal treatment for postmenopausal osteoporosis proven to rebuild bone. So bones are less likely to fracture.

After menopause, Susan's doctor cautioned her that most women's bones begin to become thinner and weaker at that time. That can lead to osteoporosis, a problem you can have and not know it.

At first, he explained, the disease is silent. Many women find out they have it after breaking a bone.

And he explained that while the calcium Susan's been taking is important for osteoporosis, *calcium can't totally stop bone loss or rebuild bone after menopause.*

Susan's doctor evaluated her condition and the results of a simple, painless test, and determined that she did have osteoporosis.

So he prescribed FOSAMAX. The breakthrough treatment that's completely non-hormonal and can truly rebuild bone in most women.

See your doctor or other healthcare professional. And if it's determined that you do have osteoporosis, ask if FOSAMAX is right for you.

It should be used with caution if you have certain stomach or digestive problems, and should not be used if you have certain disorders of the esophagus (the tube that connects your mouth with your stomach), are unable to stand or sit upright for at least 30 minutes or have severe kidney disease, low levels of calcium in your blood, or are pregnant or nursing.

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. However, some patients may develop severe digestive reactions including irritation, inflammation, or ulceration of the esophagus.

But if you're like most women with osteoporosis, you'll find that FOSAMAX is a unique and powerful way to help build back the strength of your bones. And your ability to lead the active life you love.

Ask your doctor and call
1 800 214-7005 for information.

The power
to rebuild bone.

FOSAMAX®
(alendronate sodium tablets)

Please see Patient Information on next page and discuss it with your doctor.

971361(1)(003)-FOS

FOSAMAX® (alendronate sodium tablets)
Patient Information about
FOSAMAX® (FOSS-ah-max) for Osteoporosis
Generic name: alendronate sodium (a-LEN-dro-nate)

Please read this information before you start taking FOSAMAX. Also, read the Patient Information leaflet each time you renew your prescription, just in case anything has changed. Remember, the leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

These are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, swallow your FOSAMAX tablet with a full glass (6-8 oz.) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
2. **After swallowing your FOSAMAX tablet do not lie down — stay fully upright (sitting or standing) for at least 30 minutes and until after your first food of the day. Do not chew or suck on a tablet of FOSAMAX.**
3. **Do not take FOSAMAX at bedtime or before getting up for the day.**

   The above actions will help the FOSAMAX tablet reach your stomach quickly and help avoid irritation of your esophagus (the tube that connects your mouth with your stomach).
4. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins. FOSAMAX is effective only if taken when your stomach is empty.
5. **If you develop difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. Take FOSAMAX once a day, every day.
7. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis only if you continue to take it.
8. If you miss a dose do not take it later in the day. Continue your usual schedule of 1 tablet once a day the next morning.

What is FOSAMAX?

FOSAMAX is for the treatment of osteoporosis (thinning of bone) in women after menopause. You will find more information about osteoporosis at the end of the leaflet.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone increases and the bone is less likely to fracture. Thus, FOSAMAX reverses the progression of osteoporosis.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or Nursing

FOSAMAX is for use by women after menopause. If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX® (alendronate sodium tablets)?

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. However, some patients may develop severe digestive reactions including irritation, inflammation or ulceration of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX and/or if they lie down in less than 30 minutes and before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Some patients treated with FOSAMAX experienced abdominal (stomach) pain, which was the most commonly reported side effect. Less frequently reported were other digestive disturbances such as:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea and gas.

Rarely stomach or other peptic ulcers (some severe) have occurred, but it is not known whether these were caused by treatment with FOSAMAX.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash has occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then new bone is formed. This balanced process of resorbing and forming bone keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause. Menopause happens when the ovaries stop producing the female hormone, estrogen, or are removed (which may occur, for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone loss occurs and bones become weaker.

At the start osteoporosis usually has no symptoms, but it can result in fractures (broken bones). Fractures usually cause pain. Fractures of the bones of the spine may not be painful, but over time they cause height loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during normal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

How can osteoporosis in postmenopausal women be treated?

- **Medication.** Your doctor may prescribe FOSAMAX.
- **Lifestyle changes.** In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise must be safe to prevent injuries including fractures. You should consult your doctor before you begin any exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important to patients with osteoporosis. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

This leaflet provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other healthcare provider.

MERCK & CO., INC.
Issued November 1996
West Point, PA 19486, USA

FOSAMAX®
(alendronate sodium tablets)

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Sweet Sampler



ANDY LYONS

You're bound to know a gardener who will appreciate this sentiment. Dried flowers on the frame add a charming, natural touch. Everything you need to make this counted cross-stitch sampler with frame is included in our kit.

From Banar Designs, the **God's Heart Sampler Kit** is available exclusively to our readers. Each kit includes a color photo, 14-count ivory cross-stitch fabric, embroidery floss, needle, cross-stitch chart, 8×10-inch unfinished wood frame (with a 4×6 opening), dried flowers, decoupage medium, brush, instructions for cross-stitch, and directions for applying the flowers and finishing the frame. The price of the kit is $34.95, which includes shipping, handling, and applicable sales tax.

TO ORDER, send a check or money order for $34.95 to *Better Homes and Gardens* Reader Shopping Service, Dept. D9706, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and America Express card users may call toll free 800/881-4066.

Bountiful Botanicals



KING AU

Slips of space, such as this sliver of wall between a window and door, can make for tricky picture arranging. Here's one solution: Hang four same-size prints in a vertical stack. Grouping all four prints in this manner gives them a far greater impact than hanging them alone or in pairs.

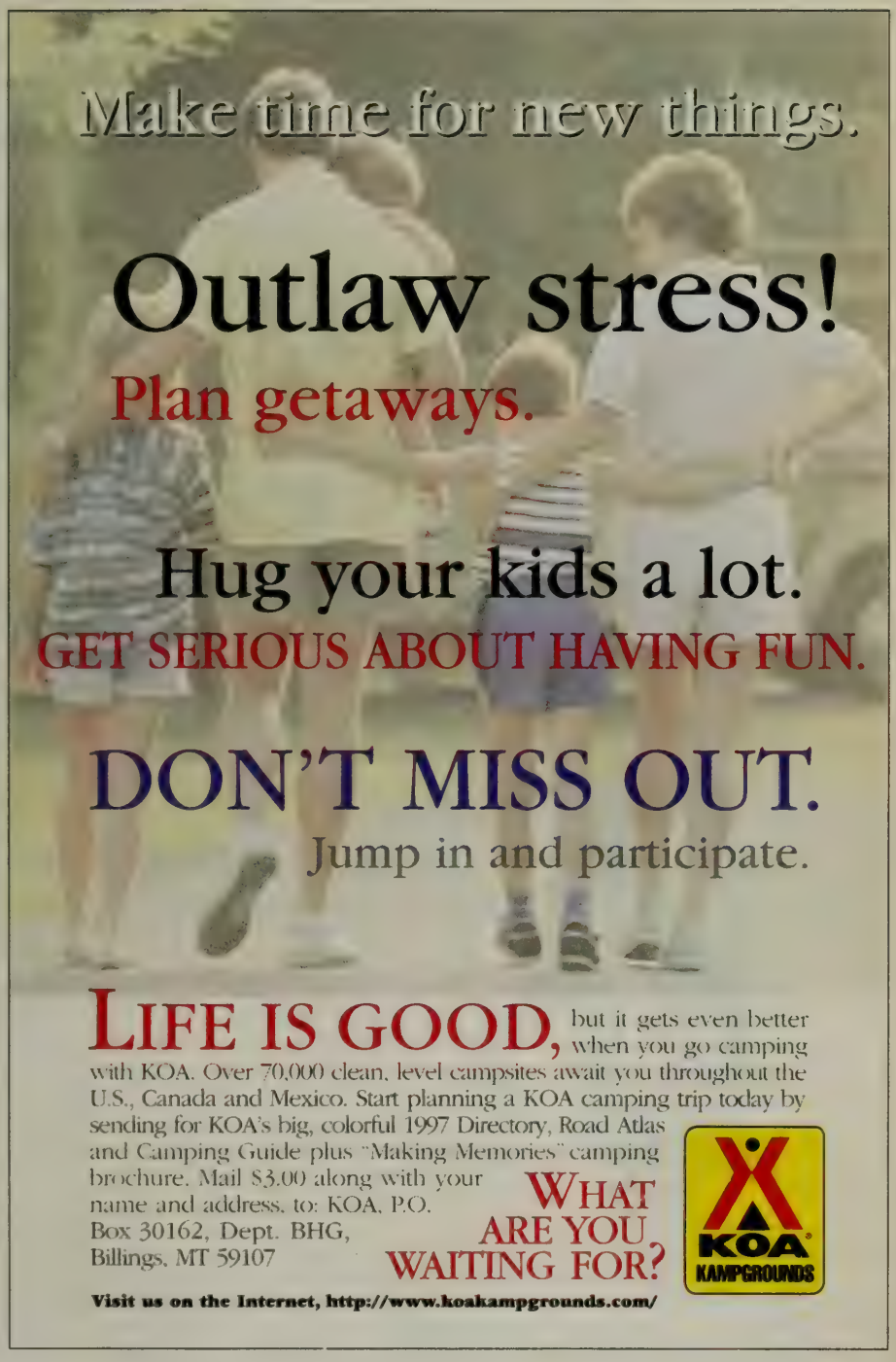
These botanical prints work equally well hung in a horizontal line over a mantel or headboard, in stair-step fashion up a staircase, or stacked two-over-two in a kitchen or over a desk. Let the shape of the wall space guide you in determining the arrangement. If needed, arrange the pictures on the floor before hanging.

There are no hard-and-fast rules for how high to hang pictures. In the vertical grouping *above*, the print that is second from the top is hung roughly at eye level. Pictures that will be viewed from a seated position should be hung lower.

When grouping prints, keep the matting and frame style simple and consistent. For a pleasing balance, make sure the wall space between the prints is less than the mat width. Here, the spacing is approximately one-third the mat width.

This set of 8×10-inch prints—a pear, grapes, an apple, and cherries—is available to readers of *Better Homes and Gardens* magazine by arrangement with Metal Tile Corporation. Prints are mounted under glass and feature crisp white mats and hunter green frames. The price of the set is $34.95, which includes shipping, handling, and applicable sales tax.

TO ORDER send a check or money order for $34.95 to: *Better Homes and Gardens* Reader Shopping Service, Dept. D9706, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call toll free 800/881-4066.





at your service

dining storage

by William L. Nolan

The real crunch in many dining rooms lasts well beyond the salad course: a dearth of room for storage and serving. If cramped quarters downgrade your dining room's company manners, adopt one of these space-stretching strategies.

With barely enough space in their dining room for a table, Robert and Mary Scanlon of Grand Rapids, Michigan, came up with a fitting solution: a multipurpose built-in buffet (*above*).

continued on page 64

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Dining Storage

continued from page 62

Their contractor built a shallow niche at one end of the room and lined it with stock cabinet units. Glass-front doors on top and raised-panel doors below give the system its breakfront styling and storage capacity, and a laminate countertop delivers sideboard serving convenience. The upper units reach all the way to the ceiling, providing bonus storage for seasonal items. To make every cubic inch count, the base cabinets were fitted with easy-glide drawers and wood dividers (*right*) sized to fit the Scanlons' china collection. A base cabinet just inside the kitchen (*opposite*) now stores tablecloths neatly on fat dowel rods.

When the Scanlons entertain, they use the countertop as a cocktail bar and as a buffet for desserts and







coffee, clearing the decks in the kitchen for cooking and cleanup.

More storage tips

•*Clip the corners.* Corner hutches eat up very little floor space, yet a pair can stow almost as much as a full-size breakfront. For a built-in look, buy unfinished versions (preassembled or in kits) and paint them to match the trim in your room.

•*Stack the deck.* Stackable storage modules from a discount center offer even more storage flexibility than stock kitchen cabinets. Concoct an artful array of cubes and towers, then tie them together with a serving ledge or decorative cornice.

•*Make a storage sandwich.* If your dining room adjoins the kitchen, trade the shared wall for a two-layer storage system: 24-inch-deep units on the kitchen side, 12-inch-deep units on the dining side. Carve out a pass-through in the center so the kitchen counter can double as a sideboard.



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Johnson wax

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building

Good As New

The Art of Metal Refinishing

by Steve Cooper

When time, weather, and wear have taken their toll on metal objects around your home, fight back with liberal doses of elbow grease and paint. Put life back into patio chairs, lighting fixtures, and ornate gates. Show your mettle.

2. After the original finish was removed, a new plywood seat was installed. The chair was then sprayed with a flat primer. The secret of a long-lasting paint job is the primer because it is formulated for maximum clinging power. Finish paints can't match primer's ability to stick to slick surfaces. Read labels carefully to make sure your undercoat and overcoat are compatible, even if they are made by the same company.

1. We began by knocking out the dilapidated seat and tackling removal of the old finish. A chemical stripper loosened existing paint, but it required a wire brush, scrapers, steel wool, and an electric sander to get down to shiny bare metal. Don't be timid about this uncomplicated task. Dress for the occasion—this part of the job is a messy muddle of fumes, goop, and dust.



3. The final step is the finish paint. A fast-drying acrylic enamel spray puts a smooth, hard finish on metal. Don't try for complete coverage in a single coat because this inevitably results in runs. Instead, build up a fine finish slowly with two or three coats and always apply these in places that are well ventilated, warm, and protected from breezes.



What can you say about this sad little chair before refinishing? It had really bottomed out.

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"When you have asthma, two puffs twice a day is a lot better than puffing all day long."

SEREVENT is the only *long-acting*, inhaled bronchodilator. SEREVENT is designed to help prevent your asthma symptoms before they start. When used just two puffs, twice a day – morning and evening – approximately 12 hours apart, SEREVENT helps keep air passages open so your breathing remains free and clear. Results compared to fast-acting bronchodilators:

- ***Less chance of waking up in the middle of the night, coughing or wheezing***
- ***Fewer symptoms with exercise***
- ***Fewer episodes of difficult breathing***

With SEREVENT as one part of your treatment program, you may be able to reduce the number of times you have to use your fast-acting bronchodilator and get on with your life with less fear that asthma symptoms might be sneaking up on you.

SEREVENT: What you need to know.



- ***SEREVENT is not a substitute for fast-acting bronchodilators to treat sudden asthma symptoms and should never be taken more than twice a day.*** SEREVENT is a preventive medication that takes longer to be effective. So when sudden asthma symptoms occur, you will still need your fast-acting bronchodilator prescribed by your doctor.
- ***SEREVENT also is not a substitute for medication that controls inflammation in your lungs (inhaled or oral corticosteroids).*** SEREVENT can be a valuable preventive medication, but it is intended to be just one part of your treatment program.
- ***Do not stop or change the dosage of your other asthma medications without talking to your doctor.*** Even if you feel better, any change in dosage or medication could result in your condition worsening. ***Of course, if your condition worsens, contact your doctor immediately.***

Is SEREVENT right for you? Only your doctor can decide.



SEREVENT is available by prescription only and is indicated for patients 12 and older.

The most common side effects caused by SEREVENT are: headache (10%), tremor (3%), and cough (3%). Of course, no medication works unless you are committed to stick with it. So see your doctor about SEREVENT. It can help you control your asthma instead of letting your asthma control you.

For more information and a $5 REBATE certificate, call 1-800-599-1177, ext. 211

SereVent
(salmeterol xinafoate)
Inhalation Aerosol



ease see important information on the following pages.

GlaxoWellcome

BRIEF SUMMARY

SEREVENT®
(salmeterol xinafoate)
Inhalation Aerosol

Bronchodilator Aerosol
For Oral Inhalation Only

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: SEREVENT Inhalation Aerosol is contraindicated in patients with a history of hypersensitivity to any of the components.

WARNINGS:
IMPORTANT INFORMATION: SEREVENT INHALATION AEROSOL SHOULD NOT BE INITIATED IN PATIENTS WITH SIGNIFICANTLY WORSENING OR ACUTELY DETERIORATING ASTHMA, WHICH MAY BE A LIFE-THREATENING CONDITION. Serious acute respiratory events, including fatalities, have been reported, both in the United States and worldwide, when SEREVENT Inhalation Aerosol has been initiated in this situation.

Although it is not possible from these reports to determine whether SEREVENT Inhalation Aerosol contributed to these adverse events or simply failed to relieve the deteriorating asthma, the use of SEREVENT Inhalation Aerosol in this setting is inappropriate.

SEREVENT INHALATION AEROSOL SHOULD NOT BE USED TO TREAT ACUTE SYMPTOMS. It is crucial to inform patients of this and prescribe a short-acting, inhaled $beta_2$-agonist for this purpose as well as warn them that increasing inhaled $beta_2$-agonist use is a signal of deteriorating asthma.

SEREVENT INHALATION AEROSOL IS NOT A SUBSTITUTE FOR INHALED OR ORAL CORTICOSTEROIDS. Corticosteroids should not be stopped or reduced when SEREVENT Inhalation Aerosol is initiated.

(See PRECAUTIONS: Information for Patients and PATIENT'S INSTRUCTIONS FOR USE.)

1. Do Not Introduce SEREVENT Inhalation Aerosol as a Treatment for Acutely Deteriorating Asthma: SEREVENT Inhalation Aerosol is intended for the maintenance treatment of asthma (see INDICATIONS AND USAGE section of full prescribing information) and should not be introduced in acutely deteriorating asthma, which is a potentially life-threatening condition. There are no data demonstrating that SEREVENT Inhalation Aerosol provides greater efficacy than or additional efficacy to short-acting, inhaled $beta_2$-agonists in patients with worsening asthma. Serious acute respiratory events, including fatalities, have been reported, both in the US and worldwide, in patients receiving SEREVENT Inhalation Aerosol. In most cases, these have occurred in patients with severe asthma (e.g., patients with a history of corticosteroid dependence, low pulmonary function, intubation, mechanical ventilation, frequent hospitalizations, or previous life-threatening acute asthma exacerbations) and/or in some patients in whom asthma has been acutely deteriorating (e.g., unresponsive to usual medications; increasing need for inhaled, short-acting $beta_2$-agonists; increasing need for systemic corticosteroids; significant increase in symptoms; recent emergency room visits; sudden or progressive deterioration in pulmonary function). However, they have occurred in a few patients with less severe asthma as well. It was not possible from these reports to determine whether SEREVENT Inhalation Aerosol contributed to these events or simply failed to relieve the deteriorating asthma.

2. Do Not Use SEREVENT Inhalation Aerosol to Treat Acute Symptoms: A short-acting, inhaled $beta_2$-agonist, not SEREVENT Inhalation Aerosol, should be used to relieve acute asthma symptoms. When prescribing SEREVENT Inhalation Aerosol, the physician must also provide the patient with a short-acting, inhaled $beta_2$-agonist (e.g., albuterol) for treatment of symptoms that occur acutely, despite regular twice daily (morning and evening) use of SEREVENT Inhalation Aerosol.

When beginning treatment with SEREVENT Inhalation Aerosol, patients who have been taking short-acting, inhaled $beta_2$-agonists on a regular basis (e.g., q.i.d.) should be instructed to discontinue the regular use of these drugs and use them only for symptomatic relief if they develop acute asthma symptoms while taking SEREVENT Inhalation Aerosol (see PRECAUTIONS: Information for Patients).

3. Watch for Increasing Use of Short-Acting, Inhaled $Beta_2$-Agonists, Which Is a Marker of Deteriorating Asthma: Asthma may deteriorate acutely over a period of hours or chronically over several days or longer. If the patient's short-acting, inhaled $beta_2$-agonist becomes less effective or the patient needs more inhalations than usual, this may be a marker of destabilization of asthma. In this setting, the patient requires immediate reevaluation with reassessment of the treatment regimen, giving special consideration to the possible need for corticosteroids. If the patient uses four or more inhalations per day of a short-acting, inhaled $beta_2$-agonist for 2 or more consecutive days, or if more than one canister (200 inhalations per canister) of short-acting, inhaled $beta_2$-agonist is used in an 8-week period in conjunction with SEREVENT Inhalation Aerosol, then the patient should consult the physician for reevaluation. **Increasing the daily dosage of SEREVENT Inhalation Aerosol in this situation is not appropriate. SEREVENT Inhalation Aerosol should not be used more frequently than twice daily (morning and evening) at the recommended dose of two inhalations.**

4. Do Not Use SEREVENT Inhalation Aerosol as a Substitute for Oral or Inhaled Corticosteroids: There are no data demonstrating that SEREVENT Inhalation Aerosol has a clinical anti-inflammatory effect and could be expected to take the place of, or reduce the dose of, corticosteroids. Patients who already require oral or inhaled corticosteroids for treatment of asthma should be continued on this type of treatment even if they feel better as a result of initiating SEREVENT Inhalation Aerosol. Any change in corticosteroid dosage should be made ONLY after clinical evaluation (see PRECAUTIONS: Information for Patients).

5. Do Not Exceed Recommended Dosage: As with other inhaled $beta_2$-adrenergic drugs, SEREVENT® (salmeterol xinafoate) Inhalation Aerosol should not be used more often or at higher doses than recommended. Fatalities have been reported in association with excessive use of inhaled sympathomimetic drugs. Large doses of inhaled or oral salmeterol (12 to 20 times the recommended dose) have been associated with clinically significant prolongation of the QT_C interval, which has the potential for producing ventricular arrhythmias.

6. Paradoxical Bronchospasm: As with other inhaled asthma medications, paradoxical bronchospasm (which can be life threatening) has been reported following the use of SEREVENT Inhalation Aerosol. If it occurs, treatment with SEREVENT Inhalation Aerosol should be discontinued immediately and alternative therapy instituted.

7. Immediate Hypersensitivity Reactions: Immediate hypersensitivity reactions may occur after administration of SEREVENT Inhalation Aerosol, as demonstrated by rare cases of urticaria, angioedema, rash, and bronchospasm.

8. Upper Airway Symptoms: Symptoms of laryngeal spasm, irritation, or swelling, such as stridor and choking, have been reported rarely in patients receiving SEREVENT Inhalation Aerosol.

PRECAUTIONS:
General: 1. Use With Spacer or Other Devices: The safety and effectiveness of SEREVENT Inhalation Aerosol when used with a spacer or other devices have not been adequately studied.

2. Cardiovascular and Other Effects: No effect on the cardiovascular system is usually seen after the administration of inhaled salmeterol in recommended doses, but the cardiovascular and central nervous system effects seen with all sympathomimetic drugs (e.g., increased blood pressure, heart rate, excitement) can occur after use of SEREVENT Inhalation Aerosol and may require discontinuation of the drug. Salmeterol, like all sympathomimetic amines, should be used with caution in patients with cardiovascular disorders, especially coronary insufficiency, cardiac arrhythmias, and hypertension; in patients with convulsive disorders or thyrotoxicosis; and in patients who are unusually responsive to sympathomimetic amines.

As has been described with other beta-adrenergic agonist bronchodilators, clinically significant changes in systolic and/or diastolic blood pressure, pulse rate, and electrocardiograms have been seen infrequently in individual patients in controlled clinical studies with salmeterol.

3. Metabolic Effects: Doses of the related $beta_2$-adrenoceptor agonist albuterol, when administered intravenously, have been reported to aggravate preexisting diabetes mellitus and ketoacidosis. No effects on glucose have been seen with SEREVENT Inhalation Aerosol at recommended doses. Administration of $beta_2$-adrenoceptor agonists may cause a decrease in serum potassium, possibly through intracellular shunting, which has the potential to increase the likelihood of arrhythmias. The decrease is usually transient, not requiring supplementation.

Clinically significant changes in blood glucose and/or serum potassium were seen rarely during clinical studies with long-term administration of SEREVENT Inhalation Aerosol at recommended doses.

Information for Patients: See illustrated Patient's Instructions for Use. **SHAKE WELL BEFORE USING.**

It is important that patients understand how to use SEREVENT Inhalation Aerosol appropriately and how it should be used in relation to other asthma medications they are taking. Patients should be given the following information:
1. Shake well before using.
2. The recommended dosage (two inhalations twice daily, morning and evening) should not be exceeded.
3. SEREVENT Inhalation Aerosol is not meant to relieve acute asthma symptoms and extra doses should not be used for that purpose. Acute symptoms should be treated with a short-acting, inhaled $beta_2$-agonist such as albuterol (the physician should provide the patient with such medication and instruct the patient in how it should be used).
4. The physician should be notified immediately if any of the following situations occur, which may be a sign of seriously worsening asthma.
- Decreasing effectiveness of short-acting, inhaled $beta_2$-agonists
- Need for more inhalations than usual of short-acting, inhaled $beta_2$-agonists
- Use of four or more inhalations per day of a short-acting $beta_2$-agonist for 2 or more days consecutively
- Use of more than one canister of a short-acting, inhaled $beta_2$-agonist in an 8-week period (i.e., canister with 200 inhalations)

5. SEREVENT Inhalation Aerosol should not be used as a substitute for oral or inhaled corticosteroids. The dosage of these medications should not be changed and they should not be stopped without consulting the physician, even if the patient feels better after initiating treatment with SEREVENT Inhalation Aerosol.
6. Patients should be cautioned regarding potential adverse cardiovascular effects, such as palpitations or chest pain, related to the use of additional $beta_2$-agonist.
7. In patients receiving SEREVENT Inhalation Aerosol, other inhaled medications should be used only as directed by the physician.
8. When using SEREVENT Inhalation Aerosol to prevent exercise-induced bronchospasm, patients should take the dose at least 30 to 60 minutes before exercise.

Drug Interactions: ***Short-Acting Beta-Agonists:*** In the two 3-month, repetitive-dose clinical trials (n=184), the mean daily need for additional $beta_2$-agonist use was 1 to 1½ inhalations per day, but some patients used more. Eight percent of patients used at least eight inhalations per day at least on one occasion. Six percent used 9 to 12 inhalations at least once. There were 15 patients (8%) who averaged over four inhalations per day. Four of these used an average of 8 to 11 inhalations per day. In these 15 patients there was no observed increase in frequency of cardiovascular adverse events. The safety of concomitant use of more than eight inhalations per day of short-acting $beta_2$-agonists with SEREVENT® (salmeterol xinafoate) Inhalation Aerosol has not been es lished. In 15 patients who experienced worsening of asth while receiving SEREVENT Inhalation Aerosol, nebulized albuterol (one dose in most) led to improvement in FEV_1 no increase in occurrence of cardiovascular adverse even

Monoamine Oxidase Inhibitors and Tricyclic Antidepressants: Salmeterol should be administered with extreme caution to patients being treated with monoamine dase inhibitors or tricyclic antidepressants because the a of salmeterol on the vascular system may be potentiated these agents.

Corticosteroids and Cromoglycate: In clinical trials, inhaled corticosteroids and/or inhaled cromolyn sodium not alter the safety profile of SEREVENT Inhalation Aeros when administered concurrently.

Methylxanthines: The concurrent use of intravenously orally administered methylxanthines (e.g., aminophylline, phylline) by patients receiving SEREVENT Inhalation Aero has not been completely evaluated. In one clinical trial, 8 patients receiving SEREVENT Inhalation Aerosol 42 mcg daily concurrently with a theophylline product had advers event rates similar to those in 71 patients receiving SERE Inhalation Aerosol without theophylline. Resting heart rat were slightly higher in the patients on theophylline but w little affected by SEREVENT Inhalation Aerosol therapy.

Carcinogenesis, Mutagenesis, Impairment of Fertility: 18-month oral carcinogenicity study in CD-mice, salmete xinafoate caused a dose-related increase in the incidence smooth muscle hyperplasia, cystic glandular hyperplasia, leiomyomas of the uterus and a dose-related increase in incidence of cysts in the ovaries. A higher incidence of leiomyosarcomas was not statistically significant; tumor t ings were observed at oral doses of 1.4 and 10 mg/kg, w gave 9 and 63 times, respectively, the human exposure b on rodent:human AUC comparisons.

Salmeterol caused a dose-related increase in the incid of mesovarian leiomyomas and ovarian cysts in Sprague Dawley rats in a 24-month inhalation/oral carcinogenicity study. Tumors were observed in rats receiving doses of 0 and 2.58 mg/kg per day (about 55 and 215 times the rec mended clinical dose [mg/m²]). These findings in rodents similar to those reported previously for other beta-adrene agonist drugs. The relevance of these findings to human is unknown.

No significant effects occurred in mice at 0.2 mg/kg (times the recommended clinical dose based on comparis of the AUCs) and in rats at 0.21 mg/kg (15 times the rec mended clinical dose on a mg/m² basis).

Salmeterol xinafoate produced no detectable or repro- ducible increases in microbial and mammalian gene muta in vitro. No clastogenic activity occurred in vitro in human lymphocytes or in vivo in a rat micronucleus test. No effe on fertility were identified in male and female rats treated orally with salmeterol xinafoate at doses up to 2 mg/kg orally (about 160 times the recommended clinical dose on a mg/m² basis).

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** significant effects of maternal exposure to oral salmeterol xinafoate occurred in the rat at doses up to the equivalent about 160 times the recommended clinical dose on a mg/ basis. Dutch rabbit fetuses exposed to salmeterol xinafoa utero exhibited effects characteristically resulting from be adrenoceptor stimulation; these included precocious eyel openings, cleft palate, sternebral fusion, limb and paw fle ures, and delayed ossification of the frontal cranial bones significant effects occurred at 0.6 mg/kg given orally (12 times the recommended clinical dose based on comparison of the AUCs).

New Zealand White rabbits were less sensitive since c delayed ossification of the frontal bones was seen at 10 n given orally (approximately 1,600 times the recommende clinical dose on a mg/m² basis). Extensive use of other be agonists has provided no evidence that these class effects animals are relevant to use in humans. There are no adeq and well-controlled studies with SEREVENT Inhalation Aer in pregnant women. SEREVENT Inhalation Aerosol should used during pregnancy only if the potential benefit justifie potential risk to the fetus.

Use in Labor and Delivery: There are no well-controlled human studies that have investigated effects of salmetero preterm labor or labor at term. Because of the potential fo beta-agonist interference with uterine contractility, use of SEREVENT Inhalation Aerosol during labor should be rest ed to those patients in whom the benefits clearly outweigh the risks.

Nursing Mothers: Plasma levels of salmeterol after inhale therapeutic doses are very low (85 to 200 pg/mL) in huma In lactating rats dosed with radiolabeled salmeterol, levels radioactivity were similar in plasma and milk. In rats, con trations of salmeterol in plasma and milk were similar. Th xinafoate moiety is also transferred to milk in rats at conc trations of about half the corresponding level in plasma. However, since there is no experience with use of SEREVE Inhalation Aerosol by nursing mothers, a decision should made whether to discontinue nursing or to discontinue th drug, taking into account the importance of the drug to th mother. Caution should be exercised when salmeterol xinafoate is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of SEREVENT Inhalation Aerosol in children younger than 12 years of ag have not been established.

Geriatric Use: Of the total number of patients who receive SEREVENT Inhalation Aerosol in all clinical studies, 241 w 65 years and older. Geriatric patients (65 years and older) reversible obstructive airway disease were evaluated in fo well-controlled studies of 3 weeks' to 3 months' duration. placebo-controlled, crossover studies evaluated twice-dail dosing with salmeterol for 21 to 28 days in 45 patients. A additional 75 geriatric patients were treated with salmeter 3 months in two large parallel-group, multicenter studies. These 120 patients experienced increases in AM and PM p expiratory flow rate and decreases in diurnal variation in p expiratory flow rate similar to responses seen in the total

...tions of the two latter studies. The adverse event type and frequency in geriatric patients ...ot different from those of the total populations studied.
...apparent differences in the efficacy and safety of SEREVENT® (salmeterol xinafoate) ...ion Aerosol were observed when geriatric patients were compared with younger patients ...cal trials. As with other beta$_2$-agonists, however, special caution should be observed ...nsing SEREVENT Inhalation Aerosol in elderly patients who have concomitant cardiovas- ...isease that could be adversely affected by this class of drug. Based on available data, no ...ment of salmeterol dosage in geriatric patients is warranted.

...SE REACTIONS: Adverse reactions to salmeterol are similar in nature to reactions to ...elective beta$_2$-adrenoceptor agonists, i.e., tachycardia; palpitations; immediate hypersen- ...reactions, including urticaria, angioedema, rash, bronchospasm (see WARNINGS); ...he; tremor; nervousness; and paradoxical bronchospasm (see WARNINGS).

...multicenter, 12-week, controlled studies have evaluated twice-daily doses of ...ENT Inhalation Aerosol in patients 12 years of age and older with asthma. The following ...eports the incidence of adverse events in these two studies.

Adverse Experience Incidence in Two Large 12-Week Clinical Trials*

Adverse Event Type	Percent of Patients		
	Placebo n=187	SEREVENT 42 mcg b.i.d. n=184	Albuterol 180 mcg q.i.d. n=185
Ear, nose, and throat			
Upper respiratory tract infection	13	14	16*
Nasopharyngitis	12	14	11
Disease of nasal cavity/sinus	4	6	1
Sinus headache	2	4	<1
Gastrointestinal			
Stomachache	0	4	0
Neurological			
Headache	23	28	27
Tremor	2	4	3
Respiratory			
Cough	6	7	3
Lower respiratory infection	2	4	2

...nly adverse experience classified as serious was one case of upper respiratory tract ...on in a patient treated with albuterol.

...e table above includes all events (whether considered drug related or nondrug related by ...vestigator) that occurred at a rate of over 3% in the SEREVENT Inhalation Aerosol treat- ...group and were more common in the SEREVENT Inhalation Aerosol group than in the ...o group.
...aryngitis, allergic rhinitis, dizziness/giddiness, and influenza occurred at 3% or more but ...qually common on placebo. Other events occurring in the SEREVENT Inhalation Aerosol ...ent group at a frequency of 1% to 3% were as follows:
Cardiovascular: Tachycardia, palpitations.
Ear, Nose, and Throat: Rhinitis, laryngitis.
Gastrointestinal: Nausea, viral gastroenteritis, nausea and vomiting, diarrhea, ...minal pain.
Hypersensitivity: Urticaria.
Mouth and Teeth: Dental pain.
Musculoskeletal: Pain in joint, back pain, muscle cramp/contraction, myalgia/myositis, ...ular soreness.
Neurological: Nervousness, malaise/fatigue.
Respiratory: Tracheitis/bronchitis.
Skin: Rash/skin eruption.
Urogenital: Dysmenorrhea.
...small dose-response studies, tremor, nervousness, and palpitations appeared to be ...related.
...arketing Experience: In extensive US and worldwide postmarketing experience, serious ...rbations of asthma, including some that have been fatal, have been reported. In most ..., these have occurred in patients with severe asthma and/or in some patients in whom ...a has been acutely deteriorating (see WARNINGS no. 1), but they have occurred in a few ...nts with less severe asthma as well. It was not possible from these reports to determine ...er SEREVENT Inhalation Aerosol contributed to these events or simply failed to relieve ...eteriorating asthma.
...stmarketing experience includes rare reports of upper airway symptoms of laryngeal ...n, irritation, or swelling, such as stridor and choking. Hypertension and arrhythmias have ...reported.

...DOSAGE: Overdosage with salmeterol may be expected to result in exaggeration of the ...macologic adverse effects associated with beta-adrenoceptor agonists, including tachycar- ...d/or arrhythmia, tremor, headache, and muscle cramps. Overdosage with salmeterol can ...o clinically significant prolongation of the QT_C interval, which can produce ventricular ...thmias. Other signs of overdosage may include hypokalemia and hyperglycemia.
... these cases, therapy with SEREVENT Inhalation Aerosol and all beta-adrenergic–stimulant ... should be stopped, supportive therapy provided, and judicious use of a beta-adrenergic ...ing agent should be considered, bearing in mind the possibility that such agents can pro- ...bronchospasm. Cardiac monitoring is recommended in cases of overdosage.
... with all sympathomimetic pressurized aerosol medications, cardiac arrest and even ... may be associated with abuse of SEREVENT Inhalation Aerosol.
...ats and dogs survived the maximum practicable inhalation doses of salmeterol of 2.9 and ...g/kg, respectively. The maximum nonlethal oral doses in mice and rats were approxi- ...y 150 mg/kg and >1,000 mg/kg, respectively.
...alysis is not appropriate treatment for overdosage of SEREVENT Inhalation Aerosol.

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tips, tools & techniques

UPKEEP IDEAS FOR YOUR HOME

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips.

Don't lose your tools

Paint your garden tools distinctive bright color combinations. This will serve to help locate tools lost in the foliage and to identify tools that have been loaned to friends or relatives.

Michael McCormick
Abington, Mass.

Skidproof pet bowls

If you glue a rubber jar ring to the bottom of Fido's dish, it will prevent the dish from sliding across vinyl or tile floors while your dog eats.

Ruth Seevers
Jackson Springs, N.C.

Fishy decorating trick

Try using fish tank gravel in the bottoms of vases instead of marbles or glass chips. It's available in a wide variety of colors—from earth tones to hot pink—and can even be mixed to match a room's color scheme.

Carol Sousa
Delran, N.J.

Making it all work out

Star in your own exercise video by recording yourself doing a favorite set of exercise routines. Seeing yourself on tape can be good motivation.

Kelly Peterson
Crystal Lake, Ill.

Nonstick garden tools

A shot of cooking spray will prevent soil from sticking to your garden tools. It'll make them easier to clean, too.

Jennifer Donaldson
Fritch, Texas

SEND US YOUR TIP

Mail your tip along with a daytime phone number to TTT, *Better Homes and Gardens®*, 1716 Locust St., Des Moines, IA 50309-3023. We can't acknowledge or return letters, but if we buy your tip, we'll send you $50. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.

Mowing & Clean Air



Although gasoline engines on lawn mowers are small, they can be big contributors to the smog problem. An older mower in need of a tune-up can emit as much polluting compounds in 30 minutes as a car driven 172 miles.

If you mow frequently or have a slow-growing, thin lawn, a push mower is a healthy alternative to a gas mower. But many of us need the speed and cutting strength of a powered machine. What to do?

Consider purchasing a cordless electric mower fueled by a rechargeable battery. This technology has been on the market a few years and has overcome most of its initial shortcomings. The models on the market are getting more powerful, running longer on a single charge, and now have prices comparable to good-quality gasoline mowers. Rechargeables are getting lighter, too, as the engineering improves.

For about $325, you can get a basic 12-volt model that's the equivalent of a 3.5 horsepower gas mower. It should cut a flat half-acre lot on a single charge without difficulty. For $400 to $500, move up to a more powerful self-propelled mulching mower that can maintain its charge for at least an hour.

For those who contend with hilly acreages, gas-driven machines are still the best choices. Fortunately, a new generation of gasoline mowers headed for production are equipped with sophisticated emission controls and muffling systems for quiet, nonpolluting operation.





Let your uniqueness come through with 15 Kleenex® Expressions.™

Allergy-Free Homes

Some people wake up each morning wheezing and sneezing. If you're one of these and wonder what you can do about it, take a close look at the environment in which you are sleeping and make your home an allergy-free zone.

Bedding, carpets, drapes, and other materials trap the dust, dust mites, pollen, and animal dander that trigger allergies. Focus your attack on household materials to reduce your allergen exposure. Implement these steps:

•Visit an allergist, who can administer tests to determine what substances are causing your reaction.

•Remove items harboring allergens. You might replace carpet with wood flooring and drapes with blinds. Pets are often a cause, so you must at least limit places where their hair can accumulate.



•Put pillows in zippered, dustproof casings, usually made of plastic.

•Wash bedding weekly in 130-degree water. Add wash treatments to kill dust mites if your allergy is severe.

•Vacuum frequently using equipment that has a high-efficiency air filter.

Information and products are available at pharmacies and environmental specialty stores. Also, check the Internet for a wealth of information about allergies.

ENERGIZE YOUR MORTGAGE

Energy-efficient mortgages have long been available, but few have taken advantage of these house-funding bargains because it took years to sort out the house-certifying process. Now the technical problems are solved and the program is resurfacing.

The concept is simple: If a house is equipped with energy-saving features, utility bills will decline. With lower household operating costs, people can afford larger mortgages. For instance, a homeowner who qualifies for a $135,000 loan on a standard house may be OK'd for a $170,000 house if it achieves 10 to 30 percent better energy conservation.

Check with lenders about this mortgage option or ask your electric company's residential marketing department if they are participating in the E Seal energy-saving program.





Kleenex® Expressions.™ For your definition of style. Kleenex® Expressions™

by Lamont Olson



Buick aims its easy-riding Regal down a high-performance highway where family sedans seldom travel.

Soccer Mom Meets Supercharger

General Motors engineer Katy Wilds has four sisters who have taught her about the everyday driving needs of families. GM and Stanford University have taught her about automotive performance, technical stuff like superchargers, torque converters, and sequential port fuel injection.

A blend of those two worlds—family-car practicality and responsive performance—is what Wilds and her fellow GM engineers have designed into the 1997½ Buick Regal. It's roomy enough for Mom to haul four extra-large kids to a soccer match comfortably, yet it's powered by engines rated among the auto world's ten best.

Wilds, whose job was to decide what engine and transmission would propel the Regal, listened to scores of customers during its development, trying to keep family in mind. Her sisters were good test customers. "My oldest sister needs a car with room for her three kids, all under age 7," Wilds said. "She also spends an hour driving to work every day in heavy rush-hour traffic, so she wants a car that will respond whenever she needs it."

This new Regal will do just that, especially the uplevel GS model with its supercharged 240-horsepower V-6.



The instrument panel of the Regal GS includes a handy tire inflation monitor that tells whether your all-season radials are low on air.

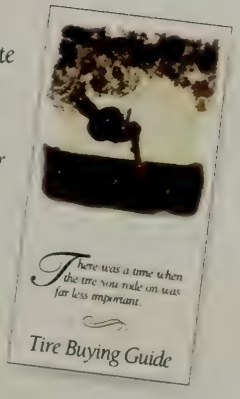
(The supercharger is a device that increases power by forcing more air into the engine.) Its reserve muscle is a godsend for those times when you're merging onto the freeway and a monster 18-wheeler bears down on you, refusing to yield. You just step on the accelerator, the supercharger kicks in, *continued on page 74*

Now you can take the kids everywhere they need to go, and still have a little tread left for yourself.





You don't have to lug kids to soccer, dancing lessons, basketball and the mall to appreciate the durability of Kelly-Springfield tires. But you probably will. And when you finally do manage to make some time for yourself, at least you'll have plenty of miles left on your tires to enjoy it. So go. ***Get every mile you can out of life.***



KELLY SPRINGFIELD
AMERICA'S OLDEST TIRE COMPANY

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http://www.Kelly-Springfield.com

Family Car

continued from page 72

and the truck disappears in your rearview mirror.

Even the base LS model with its 195-horsepower engine is far from sluggish. It gets slightly better gas mileage, 19 miles per gallon city, 30 on the highway, compared to 18 and 28 for the more powerful GS.

This Regal differs from previous versions, which were known for a cushy ride and soft suspension. The new Regal is still comfortable, but the suspension is firmer, more like a European sedan. By emphasizing performance and handling, GM hopes to attract buyers who never considered a Buick before, including baby boomers age 40 to 49 who have families but are tired of minivans (or who refuse to have anything to do with minivans).

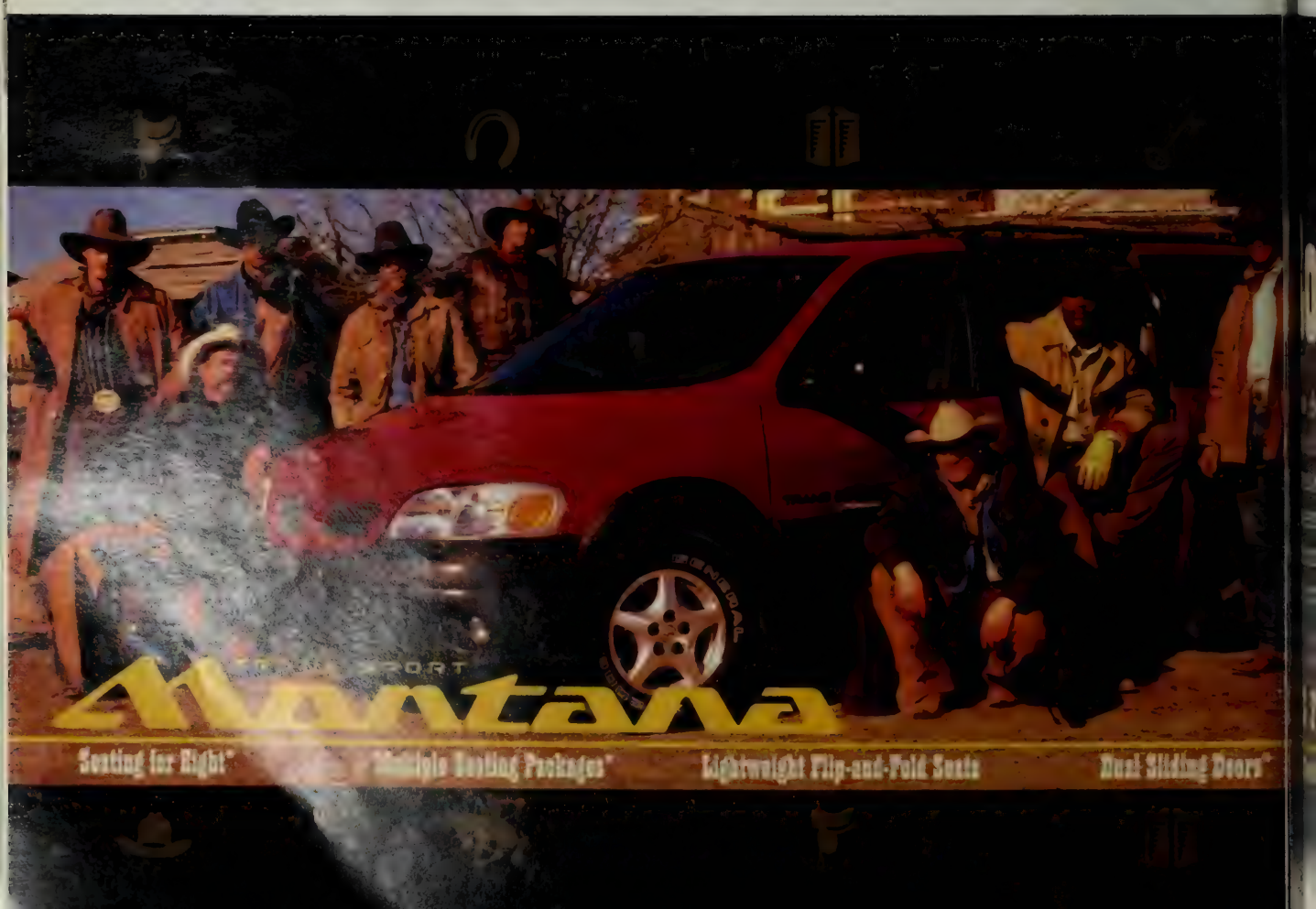
Base price of the LS is $20,545 plus $550 for freight. Its competitors in the midsize sedan market include Mercury Sable LS and Honda Accord LX. The Regal GS starts at $22,945 plus freight. Its competitors include Dodge Intrepid ES and Toyota Camry XLE.

MIDSIZE AUTO SAFETY LEADERS

Late-model Regals have a low rate of accident injury claims. The claims number is an index. Low numbers are better.

Four-door models	Model Years	All Claims
Saab 900	94-95	56
Buick Regal	94-95	62
Oldsmobile Cutlass Supreme	94-95	65
Volvo 850	93-95	66
Chevrolet Lumina	95	69
Audi 90	93-95	71
Oldsmobile Cutlass Ciera	93-95	72
Lexus ES 300	93-95	73
Pontiac Grand Prix	94-95	74
Chrysler Cirrus	95	74

All-Car Average is 100. Source: Highway Loss Data Institute





The base LS arrives with the expected standard power equipment, plus dual-control air conditioning, air filtration system, four-wheel antilock brakes, traction control, magnetic variable-effort power steering, theft-deterrent system, remote keyless entry, and power heated outside mirrors, all at no extra cost.

Front shoulder-belt anchors permit several inches of adjustment for a tailored fit, and comfort guides in the rear re-route the belt for proper position on a small passenger's torso. Families with young kids can choose an integrated child safety seat. Otherwise, the standard backseat includes a pass-through to the trunk so you can carry long objects such as skis or a music student's string bass.

This sixth generation Regal is just arriving in Buick dealer showrooms, so it's too early to assess how safe it will be in day-to-day driving. Previous models, however, compiled one of the best records for injury claims of all midsize sedans (see chart, *page 74*), according to the Highway Loss Data Institute. The car's performance may be a plus for safety. Katy Wilds puts it this way: "Power at your fingertips can help you avoid an oncoming car."

Variable power steering gives high-power assist at low speed, then reduced assist at highway speed for better road feel and stability.

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Buying guide
SHOPPING

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING: NO-SEW WINDOW TREATMENTS

Pages 23-32: all windows, TW3046—Andersen Windows, Inc.; for a retailer near you call 800/426-4261, ext. 1232. **All white wall and trim paint,** "Pure White" SW1004—Sherwin-Williams; for a store near you call 800/474-3794.

Page 23: yellow wall paint, "Jasmine" SW1673—Sherwin-Williams; for a store near you call 800/474-3794. **Juju series chair**—Directions, Contract and Residential Furnishings, P.O. Box 812, Farmington, GA 30638; 706/769-6627; fax, 706/769-9708. **Wrapped bottle**—similar styles available from Ballard Designs, 1670 DeFoor Ave., NW, Dept. Edit MERCH '97, Atlanta, GA 30318; 800/367-2775. **6-foot smooth wood pole,** 3-536-0, (Natural); **decorative wood pole finials,** 3-541-0 (Natural); **wood pole brackets,** 3-543-0 (Natural)—Springs Window Fashions, Featuring Graber Woodward poles and finials (address above). **Woven stripe sheets,** 0282 (Lemon); **mohair throw,** 0906 (Orange)—Garnet Hill; 800/622-6216. **Buckingham jute rug,** NJ616 (Sand)—Import Specialists; 800/334-4044. **Sun symbol large stamp,** G1932; **sun symbol small stamp,** B1933; **Fabrico ink pads,** FB09 (Tangerine); FB11 (Poppy Red)—Personal Stamp Exchange; for more information call 707/588-8058.

Page 24: blue wall paint, "Ashley Blue" SW1801—Sherwin-Williams; for a store near you call 800/474-3794. **Adjustable curved iron rod**—Pottery Barn; 800/922-5507. **Clip rings,** 236029-040 (Black)—Umbra; for a dealer near you call 800/387-5122. **Versailles Venice lace panel,** 5640-4900 (White)—Paper White, Ltd., P.O. Box 956, Dept. BH&G, Fairfax, CA 94978; 415/457-7673; for more information send a self-addressed stamped envelope. **Single-face satin ribbon** (Daffodil, 645)—C.M. Offray & Son, Inc., Rt. 24, Chester, NJ 07930. **Old Sweden oval back armchair,** 625-889 (Beach White)—Lexington Furniture Ind. (address above). **Prints,** "Oxlip" ET907 (Yellow); "Oxlip" ET909 (Red)—The Friends Designs, Inc., 318-320 E. Church St., Frederick, MD 21701; 800/878-6126. **Buckingham jute rug,** NJ620 (Oatmeal)—Import Specialists; 800/334-4044.

Page 26: orb component finial, 230810-040 (Black); **component rod,** 230804-040 (Black)—Umbra; for a dealer near you call 800/387-5122. **Single-face satin ribbon** (Sage Green, 577)—C.M. Offray & Son, Inc. (address above). **Daisy pillow**—similar styles available from Ballard Designs (address above). **Floral vine sheets,** 0322 (Meadow)—Garnet Hill; 800/622-6216. **St. Germain folding banquette**—Rue de France, 78 Thames St., Newport, RI 02840; 401/846-2084. **Buckingham jute rug,** NJ616 (Sand)—Import Specialists; 800/334-4044.

Page 28: yellow wall paint, "Jasmine" SW1673—Sherwin-Williams; for a store near you call 800/474-3794. **Bretagne side chair,** 12501 (Yellow)—Tradition France; for a dealer near you call 800/524-5200. **Windsor bowl,** 436—Simon Pearce Glass; 800/774-5277. **Maple tea table,** MC4060 (Hot Lime)—Maine Cottage Furniture, P.O. Box 935, Yarmouth, ME 04096; 207/846-1430; www.mainecottage.com. **Buckingham jute rug,** NJ616 (Sand)—Import Specialists; 800/334-4044. **Tablecloth**—antique.

Page 30: blue wall paint, "Ashley Blue" SW1801; **Single-face satin ribbon,** (Pearl Pink, 123)—C.M. Offray & Son, Inc. (address above). **Hurricane lamp; round star vase**—Simon Pearce Glass; 800/774-5277. **Clock**—similar styles available from Ballard Designs (address above). **Camp Hickory bedside table,** 628-625 (Misty Blue)—Lexington Furniture Ind., P.O. Box 1008, Lexington, NC 27293; for a dealer near you call 800/539-4636. **6-foot fluted wood pole,** 3-531-1 (White); **round pole finials,** 3-540-1 (White); **wood pole brackets,** 3-543-1 (White)—Springs Window Fashions, Featuring Graber Woodward poles and finials, 7549 Graber Rd., Middleton, WI 53562; 800/422-4544. **Woven gingham sheets,** 0265 (Pink)—Garnet Hill; 800/622-6216. **Buckingham jute rug,** NJ620 (Oatmeal)—Import Specialists; 800/334-4044. **Tiebacks,** 7016—available through designers from Niermann Weeks, 760 Generals Hwy., Millersville, MD 21108; 410/923-0123.

Page 32: green wall paint, "Celery Stalk" SW1695—Sherwin-Williams; for a store near you call 800/474-3794. **Hartland wine goblet,** 101—Simon Pearce Glass; 800/774-5277. **Phone**—similar styles available from Ballard Designs (address above). **Swag fabric,** "Southwold Voile" (White)—Laura Ashley; 800/429-7678. **Writing desk,** 625-533 (White); **Windsor side chair,** 625-885 (White)—Lexington Furniture Ind. (address above). **Tiebacks,** 7019—available through designers from Niermann Weeks (address above). **Black bear print,** PR102—The Friends Designs, Inc. (address above). **Adjustable table lamp,** 7133—Crate & Barrel; for a store near you or to order by catalog call 888/249-4155. **Buckingham jute rug,** NJ620 (Oatmeal)—Import Specialists; 800/334-4044.

OVER THE EDGE

Page 38: trim on top and bottom shelves, "Picket Running Trim"; **trim on second shelf,** "Arrow Head Running Trim"; **trim on third shelf,** "Moulded Scalloped Running Trim"—Vintage Wood Works, Highway 34 South, P.O. Box R, No. 3261, Quinlan, TX 75474; catalog $2; 903/356-2158. **Decorative wood shapes**—available from craft stores nationwide.

Page 42 (*bottom left*): paper lace trim, 3038—Linen and Lace, No. 4 Lafayette, Washington, MO 63090; 800/332-5223.

Pages 44-45 (*left*): fringe—available from fabric and upholstery stores nationwide. **(*Right*): wallpaper border,** SL283B from the Simple Living Collection—Seabrook Designs, 1325 Farmville Rd., Memphis, TN 38122; for a dealer near you call 800/238-9152. **All other items**—antique, discontinued or a personal belonging.

SUITE CANOPIES

Page 46: canopy bed conversion kit—DreamBeds Canopy Conversion Kit, P.O. Box 205, Rockport, MA 01966; 508/546-5808. **Lace panel and petticoat valance fabric,** 304191; **toss pillow and valance tie fabrics,** 659934 (Yellow); 659937 (Blue); **canopy valance and duvet cover fabrics,** (discontinued) similar styles available—Waverly; 800/423-5881.

Page 48: topper and toss pillow fabric, 609151; **inside panel and topper liner fabric,** 609147; **panel fabric,** 609162; **duvet cover fabric,** 609163—Waverly; 800/423-5881.

DECORATING SHOP

Page 60: God's Heart Sampler Kit—Banar Designs, P.O. Box 483, Fallbrook, CA 92088.

Page 61: Botanical Prints Set—Metal Tile Corp. and MTC Art, 320 Northern Blvd., Great Neck, NY 11021.

GARDENER'S ALMANAC

Page 148: Brandywine tomato (plants)—W. Atlee Burpee Co., 300 Park Ave., Warminster, PA 18974; 800/888-1447; free catalog. **Brandywine tomato (seeds)**—Burpee (address above). Totally Tomatoes, P.O. Box 1626, Augusta, GA 30903; 803/663-0016; free catalog. Seeds of Change, P.O. Box 15700, Santa Fe, NM 87506; 888-762-7333; catalog $3. Tomato Growers Supply Co., P.O. Box 2237, Fort Myers, FL 33902; 941/768-1119; free catalog. Territorial Seed Co., P.O. Box 157, Cottage Grove, OR 97424; 541/942-9547; free catalog. Cook's Garden, P.O. Box 535, Londonderry, VT 05148; 802/824-3400; free catalog. Park Seed Co., Cokesbury Rd., Greenwood, SC 29647; 800/845-3369; free catalog. **Hostas**—Shady Oaks Nursery, 112 10th Ave. SE, Waseca, MN 56093; 800/504-8006; free catalog. Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20.

WHEN WILDFLOWERS ARE FOREVER

Pages 167-172: wildflowers—Prairie Ridge Nursery, 9738 Overland Rd., Mount Horeb, WI 53572; 608/437-5245; catalog, $3. Orchid Gardens, 2232 139th Ave. NW, Andover, MN 55304; 612/755-0205; catalog $1. J.L. Hudson, Seedsman, Star Rt. 2, Box 337, La Honda, CA 94020; no phone orders;

continued on page 80

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ith all prescription medications, side effects may occur. Always talk to your healthcare provider about any medication nay take. When ZYRTEC tablets were studied, most side effects were mild to moderate. Dose- or treatment-related s included drowsiness (13.7% vs 6.3% for placebo), fatigue (5.9% vs 2.6%), and dry mouth (5.0% vs 2.3%). one out of one hundred patients stopped taking ZYRTEC due to drowsiness.

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(FOR FULL PRESCRIBING INFORMATION, CONSULT PACKAGE INSERT)
CONTRAINDICATIONS ZYRTEC is contraindicated in those patients with a known hypersensitivity to it or any of its ingredients or hydroxyzine **PRECAUTIONS** Activities Requiring Mental Alertness In clinical trials, the occurrence of somnolence has been reported in some patients taking ZYRTEC, due caution should therefore be exercised when driving a car or operating potentially dangerous machinery. Concurrent use of ZYRTEC with alcohol or other CNS depressants should be avoided because additional reductions in alertness and additional impairment of CNS performance may occur. **Drug-drug Interactions:** No clinically significant drug interactions have been found with theophylline at a low dose, azithromycin, pseudoephedrine, ketoconazole, or erythromycin. There was a small decrease in the clearance of cetirizine caused by a 400 mg dose of theophylline. It is possible that larger theophylline doses could have a greater effect. **Carcinogenesis, Mutagenesis and Impairment of Fertility:** No evidence of carcinogenicity was observed in a 2-year carcinogenicity study in rats at dietary doses up to 20 mg/kg/day (approximately 10 times the maximum recommended human daily oral dose on a mg/m^2 basis). An increased incidence of benign liver tumors was found in a 2-year carcinogenicity study in male mice at a dietary dose of 16 mg/kg/day (approximately 4 times the maximum recommended human daily oral dose on a mg/m^2 basis). The clinical significance of these findings during long-term use of ZYRTEC is not known. Cetirizine was not mutagenic in the Ames test, and not clastogenic in the human lymphocyte assay, the mouse lymphoma assay, and *in vivo* micronucleus test in rats. No impairment of fertility was found in a fertility and general reproductive performance study in mice at an oral dose of 64 mg/kg/day (approximately 26 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). **Pregnancy Category B:** Cetirizine was not teratogenic in mice, rats and rabbits at oral doses up to 96, 225, and 135 mg/kg/day (or approximately 40, 180, and 215 times the maximum recommended adult human daily oral dose on a mg/m^2 basis), respectively. There are no adequate and well-controlled studies in pregnant women. Because animal studies are not always predictive of human response, ZYRTEC should be used in pregnancy only if clearly needed. **Nursing Mothers:** Retarded pup weight gain was found in mice during lactation when dams were given cetirizine at 96 mg/kg/day (approximately 40 times the maximum recommended adult human daily oral dose on a mg/m^2 basis). Studies in beagle dogs indicate that approximately 3% of the dose is excreted in milk. Cetirizine has been reported to be excreted in human breast milk. Because many drugs are excreted in human milk, use of ZYRTEC in nursing mothers is not recommended. **Geriatric Use:** In placebo-controlled trials, 186 patients aged 65 to 94 years received doses of 5 to 20 mg of ZYRTEC per day. Adverse events were similar in this group to patients under age 65. Subset analysis of efficacy in this group was not done. **Pediatric Use:** The safety of ZYRTEC, at daily doses of 5 or 10 mg, has been demonstrated in 376 pediatric patients 6-11 years of age in placebo-controlled trials lasting up to four weeks and in 254 patients in a non-placebo-controlled 12 week trial. The effectiveness of ZYRTEC for the treatment of seasonal and perennial allergic rhinitis and chronic idiopathic urticaria in this pediatric age group is based on an extrapolation of the demonstrated efficacy of ZYRTEC in adults in these conditions and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar between these two populations. The recommended doses for the pediatric population are based on a cross-study comparison of the pharmacokinetics and pharmacodynamics of cetirizine in adults and pediatric subjects and on the safety profile of cetirizine in both adults and pediatric patients at doses equal to or higher than the recommended doses. The cetirizine AUC and C_{max} in pediatric subjects 6-11 years of age who received a single dose of 10 mg of cetirizine syrup was estimated to be intermediate between that observed in adults who received a single dose of 10 mg of cetirizine tablets and those who received a single dose of 20 mg of cetirizine tablets. **ADVERSE REACTIONS** Controlled and uncontrolled clinical trials conducted in the United States and Canada included more than 6000 patients aged 12 years and older, with more than 3900 receiving ZYRTEC at doses of 5 to 20 mg per day. The duration of treatment ranged from 1 week to 6 months, with a mean exposure of 30 days. Most adverse reactions reported during therapy with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in patients receiving ZYRTEC 5 mg or 10 mg was not significantly different from placebo (2.9% vs. 2.4%, respectively). The most common adverse reaction in patients aged 12 years and older that occurred more frequently on ZYRTEC than placebo was somnolence. The incidence of somnolence associated with ZYRTEC was dose related, 6% in placebo, 11% at 5 mg and 14% at 10 mg. Discontinuations due to somnolence for ZYRTEC were uncommon (1.0% on ZYRTEC vs. 0.6% on placebo). Fatigue and dry mouth also appeared to be treatment-related adverse reactions. There were no differences by age, race, gender or by body weight with regard to the incidence of adverse reactions. Table 1 lists adverse experiences in patients aged 12 years and older which were reported for ZYRTEC 5 and 10 mg in controlled clinical trials in the United States and that were more common with ZYRTEC than placebo. **Table 1. Adverse Experiences Reported in Patients aged 12 years and older in Placebo-Controlled United States ZYRTEC Trials (Maximum Dose of 10 mg) at Rates of 2% or Greater (Percent Incidence), ZYRTEC (N=2034) vs Placebo (N=1612) respectively:** Somnolence (13.7% vs 6.3%); Fatigue (5.9% vs 2.6%); Dry Mouth (5.0% vs 2.3%); Pharyngitis (2.0% vs 1.9%); Dizziness (2.0% vs 1.2%). In addition, headache and nausea occurred in more than 2% of the patients, but were more common in placebo patients. Pediatric studies were also conducted with ZYRTEC. More than 1300 pediatric patients (6 to 11 years) with more than 900 treated with ZYRTEC at doses of 1.25 to 10 mg per day were included in controlled and uncontrolled clinical trials conducted in the United States. The duration of treatment ranged from 2 to 12 weeks. The majority of reported adverse reactions reported in pediatric patients (6 to 11 years) with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in pediatric patients receiving up to ZYRTEC 10 mg was uncommon (0.4% on ZYRTEC vs 1.0% on placebo). Table 2 lists adverse experiences which were reported for ZYRTEC 5 and 10 mg in pediatric patients (6 to 11 years) in placebo-controlled clinical trials in the United States and were more common with ZYRTEC than placebo. Of these, abdominal pain was considered treatment-related and somnolence appeared to be dose related. 1.3% in placebo, 1.9% at 5 mg and 4.2% at 10 mg. **Table 2. Adverse Experiences Reported in Pediatric Patients (6 to 11 years) in Placebo-Controlled United States ZYRTEC Trials (5 or 10 mg dose) Which Occurred at a Frequency of ≥ 2% in Either the 5 mg or the 10 mg ZYRTEC Group, and More Frequently Than in the Placebo Group. ZYRTEC 5 mg (N=161), 10 mg (N=215) vs Placebo (N=309):** Headache (11.0%, 5 mg; 14.0%, 10 mg; 12.3%, placebo), Pharyngitis (6.2%, 5 mg; 2.8%, 10 mg; 2.9%, placebo) Abdominal pain (4.4%, 5 mg; 5.6%, 10 mg; 1.9%, placebo), Coughing (4.4%, 5 mg; 2.8%, 10 mg; 3.9%, placebo), Somnolence (1.9%, 5 mg; 4.2%, 10 mg; 1.3%, placebo), Diarrhea (3.1%, 5 mg; 1.9%, 10 mg; 1.3%, placebo); Epistaxis (3.7% 5 mg; 1.9%, 10 mg; 2.9% placebo), Bronchospasm (3.1%, 5 mg; 1.9%, 10 mg; 1.9% placebo), Nausea (1.9%, 5 mg; 2.8%, 10 mg; 1.9%, placebo), Vomiting (2.5%, 5 mg; 2.3%, 10 mg; 1.0%, placebo). The following events were observed infrequently (less than 2%) in either 3982 adults and children 12 years and older or in 659 pediatric (6 to 11 years) patients who received ZYRTEC in U.S. trials, including an open adult study of six months duration; a causal relationship with ZYRTEC administration has not been established. **Autonomic Nervous System:** anorexia, urinary retention, flushing, increased salivation, dry mouth. **Cardiovascular:** palpitation, tachycardia, hypertension, cardiac failure. **Central and Peripheral Nervous Systems:** paresthesia, confusion, hyperkinesia, hypertonia, migraine, tremor, vertigo, leg cramps, ataxia, dysphonia, abnormal coordination, hyperesthesia, hypoesthesia, myelitis, paralysis, ptosis, twitching, visual field defect, syncope, dizziness. **Gastrointestinal:** increased appetite, dyspepsia, abdominal pain, diarrhea, flatulence, constipation, vomiting, ulcerative stomatitis, aggravated tooth caries, stomatitis, tongue discoloration, tongue edema, gastritis, rectal hemorrhage, hemorrhoids, melena, abnormal hepatic function, eructation. **Genitourinary:** polyuria, urinary tract infection, cystitis, dysuria, hematuria, micturition frequency, urinary incontinence. **Hearing and Vestibular:** earache, tinnitus, deafness, ototoxicity. **Metabolic/Nutritional:** thirst, dehydration, diabetes mellitus. **Musculoskeletal:** myalgia, arthralgia, arthrosis, arthritis, muscle weakness. **Psychiatric:** insomnia, sleep disorder, nervousness, depression, emotional lability, impaired concentration, anxiety, depersonalization, paroniria, abnormal thinking, agitation, amnesia, decreased libido, euphoria. **Respiratory System:** epistaxis, rhinitis, coughing, bronchospasm, dyspnea, upper respiratory tract infection, hyperventilation, sinusitis, increased sputum, bronchitis, pneumonia, respiratory disorder. **Reproductive:** dysmenorrhea, female breast pain, intermenstrual bleeding, leukorrhea, menorrhagia, vaginitis. **Reticuloendothelial:** lymphadenopathy. **Skin:** pruritus, rash, dry skin, urticaria, acne, dermatitis, erythematous rash, increased sweating, alopecia, angioedema, furunculosis, bullous eruption, eczema, hyperkeratosis, hypertrichosis, photosensitivity reaction, pigmentation, toxic reaction, maculopapular rash, seborrhea, purpura, skin disorder, skin nodule. **Special Senses:** taste perversion, taste loss, parosmia. **Vision:** blindness, loss of accommodation, eye pain, conjunctivitis, [illegible], diplopia, hemorrhage. **Body as a Whole:** increased weight, back pain, malaise, fever, [illegible], edema, peripheral edema, peripheral edema, rigors, leg edema, face edema, hot flashes, enlarged abdomen, nasal polyp, pain, pallor, chest pain, accidental injury. Occasional instances of transient, reversible hepatic transaminase elevations have occurred. [illegible] A single case of possible drug-induced hepatitis with significant transaminase elevation (>10 x [illegible]) has been reported. In foreign marketing experience the following additional [illegible] have been reported: hemolytic anemia, thrombocytopenia, orofacial dyskinesia, [illegible], hepatic granulomas/necrosis, stillbirth, and cholestasis. **DRUG ABUSE AND DEPENDENCE** [illegible] to indicate that abuse or dependency occurs with ZYRTEC. **OVERDOSAGE** Overdosage has been reported with ZYRTEC. In one adult patient who took 150 mg of ZYRTEC, the patient was somnolent but did not display any other clinical signs of abnormal blood chemistry or hematology results. In an 18-month-old pediatric patient who took an overdose of [illegible] approximately 180 mg), restlessness and irritability were observed initially, this was followed by drowsiness. Should overdosage occur, treatment should be symptomatic or supportive, taking into account any concomitantly ingested [illegible]. There is no known specific antidote to ZYRTEC. ZYRTEC is not effectively removed by dialysis and dialysis [illegible] unless a dialyzable agent has been concomitantly ingested. The acute minimal lethal oral doses in [illegible] 237 and 562 mg/kg respectively (approximately 55 and 265 times the maximum recommended human [illegible] mg/m^2 basis). In rodents, the target of acute toxicity was the central nervous system, and the target [illegible] dose toxicity was the liver. **DOSAGE AND ADMINISTRATION Adults and Children 12 years and older:** The recommended initial dose of ZYRTEC is 5 or 10 mg per day in adults and children 12 years and older, depending [illegible]. Most patients in clinical trials started at 10 mg. ZYRTEC is given as a single daily dose, with or without food. The time of administration may be varied to suit individual patient needs. In patients with decreased renal function (creatinine [illegible] mL/min) or patients on hemodialysis (creatinine clearance less than 7 mL/min), and in hepatically impaired patients [illegible] of 5 mg once daily is recommended. **Children 6 to 11 years:** The recommended initial dose of ZYRTEC in children [illegible] years is 5 or 10 mg (1 or 2 teaspoons) once daily depending on symptom severity. The time of administration may be varied to suit individual patient needs. Cetirizine is licensed from UCB Pharma Inc.

[illegible] S.A. 70-4573-00-1 Revised September 1996

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Buying Guide

continued from page 76

catalog $1. Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. We-Du Nurseries, Rt. 5, Box 724, Marion, NC 28752; 704/738-8300; catalog $2. Vermont Wildflower Farm, Rt. 7, Charlotte, VT 05445; 802/425-3500; free catalog. Forestfarm, 990 Tetherow Rd., Williams, OR 97544, 541/846-7269; catalog $4. **Organizations**—National Wildflower Research Center, 4801 La Crosse Blvd., Austin, TX 78739; 512/292-4100; dues $25, includes subscription to *The Wildflower Journal* and the *Wildflower* newsletter.

UNDER THE OLD OAK TREE
Page 175: arm chairs, "Giverny"; **table,** "Avbury"—Smith & Hawken, 2 Arbor Lane, P.O. Box 6900, Florence, KY 41022-6900; 800/776-3336.
Pages 176-178: coach lanterns—Bergamot & Ivy, 1721 Westport Rd., Kansas City, MO 64111; 816/561-5599. **Dining table,** "Sussex"; **folding chairs,** "Hampton"—Smith & Hawken (address above).

WARM WELCOMES
Pages 189-194: all items shown—antique or discontinued, or personal belonging.
Page 196: wicker furniture, "Macao"—Pier 1 Imports; 800/447-4371. **Bistro arm chairs,** 13-6541A—Ethan Allen; 800/228-9229. **Blue and white floral fabric,** "Gara"—IKEA Home Furnishings; East coast, 410/931-8940; West coast, 818/912-1119.

DECORATING WITH A LIGHT TOUCH
Page 201: star fabric, "Spangle" (Yellow/Blue)—available through designers from Cowtan & Tout. **Yellow and white sleeper sofa,** from the 5000 Series; **striped sofa fabric,** "Fjord Jonquil"; **plaid pillow fabric,** "Scandia Jonquil"—Expressions, 3636 Interstate 10, #103, Metarie, LA 70001; 800/544-4519. **Area rug**—Laura Burrows-Jackson Interior Design, 1016 St. Georgia's Rd., Baltimore, MD 21210.
Pages 202-203: wicker furniture—antique.
Pages 204-205 (*left*): wicker furniture—antique. (***Top right*): all items shown**—antique, discontinued, or personal belonging. (***Bottom right*): poster**—by David Hockney, available at poster art stores nationwide.
Pages 206-207: antique bird prints, bed linens, ottoman near bathtub, and tile design—Laura Burrows-Jackson Interior Design (address above).
Page 208 (*top right*): wicker chair—antique. **Chair cushion fabric**—Laura Burrows-Jackson Interior Design (address above). (***Bottom right*): poster**—by Matisse available at poster art stores nationwide.

THE NEW AMERICAN POTLUCK
Page 214: rust plate, by Aletha Soule—for Bo Danica, 7722 Girard Ave., La Jolla, CA 92037; 619/454-6107.
Page 215: yellow plate, by Aletha Soule—for Bo Danica (address above).

READER SHOPPING
Page 102: Kathy Smith Book and **Audio Books**—Warner Books, Inc., and Time Warner AudioBooks, 1271 Avenue of the Americas, New York, NY 10020-1393.
Page 136: *Wildflowers Across America* Book—Abbeville Press, Inc., 488 Madison Ave., New York, NY 10022; **Wildflower Seeds and Video Collection**—The Vermont Wildflower Farm, Ferry Rd., Business Center, Charlotte, VT 05445.
Page 150: Tomato Seeds—J. W. Jung Seed Co., 335 S. High St., Randolph, WI 53957.
Page 230: Italian Cream Tart Set—Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18974.

Architects & Designers

FRIENDLY FACELIFTS
Page 126: architect—Randy Zaic, Zaic Hug & Assoc., 3108 Piedmont Rd., Suite 200, Atlanta, GA 30305; 404/231-1980. **Designer**—Al Anderson, P.O. Box 7534, Atlanta, GA 30357-0534; 404/874-6341.
Page 128: designer/builder—Sawhorse, Inc., 731 Highland Ave., Atlanta, GA 30312; 404/522-4542.

OUTDOOR PROJECTS
Page 140: fabricator—Old Pueblo Ironworks, 5431 S. Canada Pl., Tucson, AZ 85706; 520/294-8888.
Page 144: designer—Barbara Berend, Environ-Mentality, 2316 Clover Lane, Northfield, IL 60093; 847-446-0724.

OUTDOOR ROOMS
Pages 156-164: landscape designers—Schwartz and Assoc., 2015 Bridgeway, Sausalito, CA 94965; 415/332-4514. Huntington-Kiest, 2892 NW Upshur, Portland, OR 97210; 503/222-3383. Kemper Iversen Ltd., 761 Bellevue Ave. E., Seattle, WA 98102; 206/329-6633, Masa and Assoc., 5301 SW Prosperity Park Rd., Tualatin, OR 97062; 503/638-3301. Janet Green, 232 E. Blithedale, Suite 205, Mill Valley, Calif. 94941; 415/389-0905. Rock and Rose, 1615 Cortland Ave., San Francisco, CA 94110; 415/824-3458.

UNDER THE OLD OAK TREE
Pages 175-178: landscape designer—Brian Morley, Bergamot & Ivy, 1721 Westport Rd., Kansas City, MO 64111; 816/561-5599.

ROOMS WITH A ROOF
Pages 181-186: landscape designers—Baby Bloomers Garden Design, 131 Orange Ave., Coronado, CA; 619/435-3895. Ken Hayob, 10230 Foster, Overland Park, KA 66212; 913/642-9484. Dennis 7 Dees Landscape Design, 7355 SE. Johnson Creek Blvd., Portland, OR 97206; 503/777-7777. James T. Britt for Design, 12917 SE Vernie Lane, Milwaukie, OR 97222; 503/654-6779.

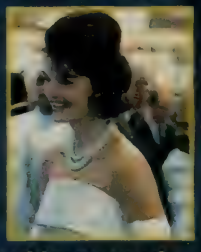
DECORATING WITH A LIGHT TOUCH
Pages 201-208: interior designer—Laura Burrows-Jackson, Laura Burrows-Jackson Interior Design, 1016 St. Georgia's Rd., Baltimore, MD 21210

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THE *Jackie* DOLL

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– Oleg Cassini



Doll wears a replica of Jackie's famous three-strand "pearls" purchased at Sotheby's auction for $211,500 by The Franklin Mint.

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THE FRANKLIN MINT

education

Are You Prepared for a Layoff?

By Jane Schorer Meisner



Today's corporate climate doesn't guarantee anyone a job for life. To keep your job, you need to work smart. Do whatever it takes to make sure you're crucial to your company. But also have a plan—in case somebody thinks you're not.

By the time he reached his mid-thirties, Robert Berman was well established. He had a house, a family, and—he thought—a secure job auditing doctors and hospitals that provide Medicare services.

Then, in 1991, he learned about business.

"I was laid off," says Berman, of Matawan, New Jersey. "*Laid off.*"

But Fate didn't single out Berman. In the past 10 years, Fortune 500 companies have laid off up to 5 million people, according to Martin Yate, author of seven best-selling books for working professionals. His latest, *Beat the Odds* (Ballantine Books, 1995, $23), carries a red-letter caveat on the jacket: "WARNING: this is not your father's career book!"

"Your job is secure just as long as it takes your colleagues—or your children—to design the technology to take over the job," Yate cautions. Even if slick computer software could never replace you, don't bet that less expensive, better-educated, younger workers won't.

People no longer stay in one job for 20, 30, or 40 years, adds James Gonyea, host of America Online's Career Center and the Internet Career Connection, which specializes in delivering career and employment guidance on AOL and the Internet.

"There is a mentality in corporate America that you don't want someone to stay for a long time, because they may become complacent," says Gonyea. "If a person becomes complacent at a higher salary level, then the employer is losing a great deal of money on that person."

Still, many of today's employees and job-seekers expect that old unwritten pact of job security, says Gonyea.

"When I counsel, I hear the attitude 'Well, I've been there for ten years. They owe me something.' The 'owe me' is not realistic anymore. Job-seekers need to understand that if they're going to have a secure career, they're going to have to manage that career more than their grandparents did."

That's why Pat Nellor Wickwire, president of the American Association for Career Education in Hermosa Beach, California, advises clients to see themselves as individual businesses.

"You are in charge of your own career," Wickwire says. "Develop and market yourself. You have to let people know about your product, service, or talent."

That may be what lands you a new, better job—or spares you when colleagues are getting the ax.

Here are some tips to help you avoid becoming a victim of downsizing and increase your career advancement potential.

Assess your skills and attributes. Are you good at allocating time, money, materials, space, and staff? Do you work well on teams, teaching others, serving customers, or negotiating? Do you have integrity, creativity,

continued on page 8

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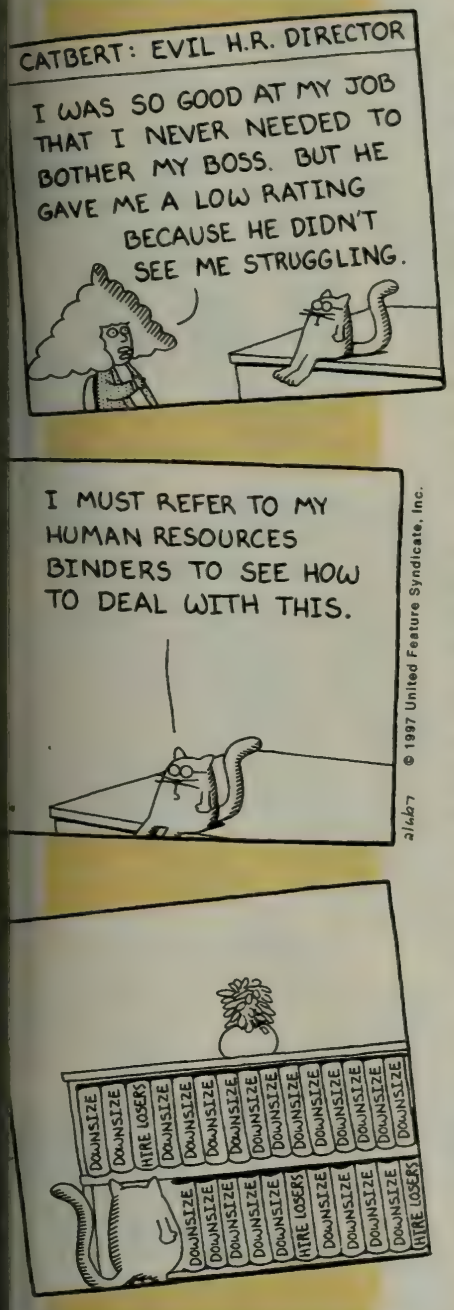
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Are You Prepared?

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sensitivity, and self-esteem?

"Rediscover yourself," Wickwire suggests. "Find your passion—or create it. Ask yourself what you love to do when no one is telling you what to do. That may become your livelihood." Once you've taken your personal inventory, explore ways to capitalize on your assets, either within your current position or through another job. Also, take steps to strengthen your weak areas, and document your efforts.

Get a guide. There's no shortage of advice on job-seeking and career building. "The problem is knowing where to go look," Gonyea says. "No one has time to go searching through it all on his own."

Gonyea advises clients to pick up books at a bookstore or library that help narrow down the most valuable career and employment resources. For example, Yate's book *Beat the Odds* devotes more than 30 pages to lists of career resource references, directories, organizations, associations, journals, and books, complete with names of contact people, addresses, and phone numbers.

Gain visibility. Give frequent updates on your work before your supervisor asks. Find out what really excites your employer, and focus on accomplishing those things.

Make yourself recognizable beyond your immediate department, too, suggests Wickwire. Volunteer for projects that will make your name known throughout the company. Join community organizations so your employer—or prospective employer—becomes aware of your talents and versatility.

Blow your own horn. Robert Berman was an expert in interviewing techniques by the time he landed a job with Prudential Insurance Company. He says you shouldn't hesitate to point out specific accomplishments to your boss or prospective employer. Describe an actual situation and tell in detail how you solved it with positive results.

Take the hint. Study your performance reviews.

"You should be especially nervous if your previously good reviews have suddenly taken a downturn," Yate says. "That could mean the company is setting a paper trail that you are no longer a desirable employee."

Also, consider how your work fits with the company's mission.

"Look at the projects in which you're involved," says Yate. "Ask

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Are You Prepared?

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yourself if they are in the main thrust of the company's direction. If you find yourself in the backwater, you should immediately say, 'Wow, this is dangerous. I have to get in the mainstream.'"

Play it cool. If you suspect an impending layoff or job elimination, don't let them see you sweat. Rather, display a calm, confident demeanor. Create a proposal before you get a pink slip. Suggest doing contract or contingent work, or offer an early retirement negotiation.

Talk to your boss. Tell your supervisor that you want to be involved in areas that will help you improve, grow, and contribute more as an employee.

Ask for constructive criticism. "Most managers will appreciate your asking, because giving specific input can be difficult for them," Yate says.

Expand your education. The skills you have today may not be needed in a few years—or even a few months—so start now to learn new ones. Any additional courses you complete may make a difference at downsizing time.

"Companies have to develop a certain set of criteria that determines who stays and who goes," says Gonyea. "Whether education is required for a position doesn't really matter. But those people who do not pursue higher forms of education eliminate a factor that is often used to retain or advance. It's become a ticket in many cases."

Break down barriers. If you have a poor relationship with a colleague or supervisor, do what you can to improve it, Wickwire says. Employees who are known for personality conflicts can be prime targets for elimination.

Start saving the want ads. Look for jobs in your field and see if the requirements listed are skills you possess. Eventually, you'll have a directory of all the companies in your area that have hired people recently.

"It also will give you compact information on smaller companies that may not appear in reference books at the library," Yate points out. "Put them in a drawer somewhere. The worst that can happen is a year or two years from now you still have your job, and you have something to line the parakeet's cage with."

Become an entrepreneur. "If you can start a home-based business, or if you can generate income from somewhere other than a corporation, you are lessening that stranglehold and increasing the independence of the family unit," Yate says. "You're doing something very concrete to improve your fiscal survival."

It also provides a psychological boost, Gonyea says. "It's amazing how doing something entrepreneurial, even if it's part-time, can benefit.

People usually feel better about themselves and feel more in control of their lives, more confident and respected. All those things will feed upon themselves to continue to produce a better person."

FOR MORE INFORMATION

Gonyea & Associates
1151 Maravista Drive
New Port Richey, FL 34655
Phone 813/372-1333
careerdoc@aol.com

American Association for Career Education
2900 Amby Place
Hermosa Beach, CA 90254-2216
Phone 310/376-7378

More books by Martin Yate, available in bookstores:
CareerSmarts—Jobs with a Future (Ballantine, New York, 1997, $12.95)
Knock 'Em Dead—The Ultimate Job Seekers Guide (Adams Media, Boston, 1997, $12.95)
Resumes That Knock 'Em Dead (Adams Media, Boston, 1995, $10.95)
Cover Letters That Knock 'Em Dead (Adams Media, Boston, 1996, $10.95).
www.knockemdead.com

Differin (adapalene ge

BRIEF SUMMARY

INDICATIONS AND USAGE: DIFFERIN Gel is indicated for treatment of acne vulgaris

CONTRAINDICATIONS: DIFFERIN Gel should not be adm to individuals who are hypersensitive to adapalene or an components in the vehicle gel.

WARNINGS: Use of DIFFERIN Gel should be discontinued sensitivity to any of the ingredients is noted. Patients with should be advised not to use the product until fully recov

PRECAUTIONS: ***General:*** If a reaction suggesting sensitiv ical irritation occurs, use of the medication should be d Exposure to sunlight, including sunlamps, should be minim the use of adapalene. Patients who normally experience of sun exposure, and those with inherent sensitivity to su be warned to exercise caution. Use of sunscreen product tective clothing over treated areas is recommended when cannot be avoided. Weather extremes, such as wind or c may be irritating to patients under treatment with adapa

Avoid contact with the eyes, lips, angles of the nose, and membranes. The product should not be applied to cuts, eczematous skin, or sunburned skin.

Certain cutaneous signs and symptoms such as erythema scaling, burning, or pruritus may be experienced during t These are most likely to occur during the first two to four will usually lessen with continued use of the medication. D upon the severity of adverse events, patients should be i to reduce the frequency of application or discontinue use

Drug Interactions: As DIFFERIN Gel has the potential to local irritation in some patients, concomitant use of other irritating topical products (medicated or abrasive soaps and soaps and cosmetics that have a strong drying effect, and with high concentrations of alcohol, astringents, spices, c should be approached with caution. Particular caution sh exercised in using preparations containing sulfur, resorcin cylic acid in combination with DIFFERIN Gel. If these prep have been used, it is advisable not to start therapy with D Gel until the effects of such preparations in the skin have

Carcinogenesis, Mutagenesis, Impairment of Fertilit Carcinogenicity studies with adapalene have been condu mice at topical doses of 0.3, 0.9, and 2.6 mg/kg/day and oral doses of 0.15, 0.5, and 1.5 mg/kg/day, approximate times the maximal daily human topical dose. In the oral tive linear trends were observed in the incidence of follicu adenomas and carcinomas in the thyroid glands of femal in the incidence of benign and malignant pheochromocy the adrenal medullas of male rats.

No photocarcinogenicity studies were conducted. Animal have shown an increased tumorigenic risk with the use cologically similar drugs (e.g., retinoids) when exposed to ation in the laboratory or to sunlight. Although the sign these studies to human use is not clear, patients should t to avoid or minimize exposure to either sunlight or artific diation sources.

In a series of *in vivo* and *in vitro* studies, adapalene did n mutagenic or genotoxic activities.

Pregnancy: Teratogenic effects. Pregnancy Category C. T genic effects were seen in rats at oral doses of adapalene 5.0 mg/kg/day, up to 120 times the maximal daily human dose. Cutaneous route teratology studies conducted in r rabbits at doses of 0.6, 2.0, and 6.0 mg/kg/day, up to 15 the maximal daily human topical dose exhibited no fetot only minimal increases in supernumerary ribs in rats. The adequate and well-controlled studies in pregnant women Adapalene should be used during pregnancy only if the p benefit justifies the potential risk to the fetus.

Nursing Mothers: It is not known whether this drug is in human milk. Because many drugs are excreted in hum caution should be exercised when DIFFERIN Gel is admini a nursing woman.

Pediatric Use: Safety and effectiveness in pediatric patie the age of 12 have not been established.

ADVERSE REACTIONS: Some adverse effects such as er scaling, dryness, pruritus, and burning will occur in 10-40 patients. Pruritus or burning immediately after applicatio occurs in approximately 20% of patients. The following a adverse experiences were reported in approximately 1% patients: skin irritation, burning/stinging, erythema, sunb acne flares. These are most commonly seen during the f of therapy and decrease in frequency and severity therea adverse effects with use of DIFFERIN Gel during clinical t reversible upon discontinuation of therapy.

OVERDOSAGE: DIFFERIN Gel is intended for cutaneous the medication is applied excessively, no more rapid or be will be obtained and marked redness, peeling, or discom occur. The acute oral toxicity of DIFFERIN Gel in mice and greater than 10 mg/kg. Chronic ingestion of the drug ma the same side effects as those associated with excessive of Vitamin A.

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Revised: May 1996

GALDERM



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Differin™ (adapalene gel) Gel, 0.1%, is a prescription-strength medicine that's effective at clearing up pimples, whiteheads, and blackheads. **Differin**™ is a creamy gel that feels nice on the skin. It isn't oily, so it won't leave any greasy residue behind. And it doesn't contain alcohol, which can overly dry the skin.

During the first few weeks of treatment with **Differin**™, some mild irritation such as redness, burning, dryness, or scaling may occur. If it does occur, the irritation generally diminishes as the skin becomes accustomed to the medication.

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(adapalene gel) GEL, 0.1%



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Please see next page for brief summary of prescribing information.

M

parenting

Turf Battles

by Jan Faull

Handling Sibling Fights and Rivalry

Q. *My boys, ages 5 and 7, fight over everything from toys to who gets to sit where at the dinner table. I am so tired of trying to settle their squabbles. How can I stop this rivalry?*



A. First you need to recognize the difference between fighting and rivalry. Most siblings fight over possessions and territory. Little children battle it out by pushing and hitting. Later, it's shouting. Rivalry is different. It appears when children compete for their parents' love and attention. Once you determine whether a conflict is fighting or rivalry, choose your strategy. Each calls for different tactics.

Fighting. When fights involve grabbing toys, feuds over the TV, or yelling because one entered the other's bedroom uninvited, you have three options:

- Step in and end the battle. Take this approach when one boy is unmercifully teasing, bullying, or hurting the other. Separate the boys and say, "I love you both. I won't allow you to hurt each other."
- Teach them skills for managing conflict. Suggest strategies for trading or taking turns, such as using a timer to determine when time is up for each turn-taker.
- Allow them to resolve the conflict themselves. Even if the older one is clearly taking advantage of—but not hurting—the younger, stay out of it. How else will the younger boy learn to stand up for himself?

If you always step in, your sons won't learn to solve their own arguments. Your sons need to practice compromising without you. But you can't ignore every battle. Sometimes they really do need your help.

With the ages of your boys, jump equally among the three options. If they were younger, you'd do more intervening. As they mature, you'll do more retreating to the opposite end of the house.

Rivalry. When your boys battle over who sits where at the dinner table, the feud probably involves feelings of rivalry. The one who "wins" is regarded by both boys as the more loved or favored. Focus on the following tips to reduce rivalry:

- Avoid the fairness trap. Don't try to make everything equal or soon you'll be hearing remarks like, "No fair! He got new basketball shoes—what do I get?" Give possessions according to your kids' needs and interests, knowing in the long run it all comes out even.
- Don't compare. Your oldest keeps his bedroom tidy; the younger one's room is a mess. Don't try to motivate your younger child with words such as, "You need to clean your room so it's as neat as your brother's." Comparisons breed competition.
- When they're fighting, don't add rivalry to the mix. Rather than demanding, "Who started it?" and punishing the perpetrator, just separate the two.
- Validate negative feelings. Siblings feel love and loyalty toward each other, mixed with frustration, resentment, and jealousy. You can't squelch the negative so respond like this: "I know your brother irritates you, and you see him as a pest. When your friend comes to play, I won't let your brother tag along."
- Don't force siblings to share everything. If the older brother received a Lego set for his birthday, let him keep it as his own. Help him find a safe spot for it, away from the busy hands of his little brother.
- Avoid labels. "He's my student" prevents the other from becoming a good student, too. "He's the family troublemaker" places that boy in a role that's difficult to change. Let each child naturally carve out his spot.

Even though fighting jangles your nerves, realize there are hidden benefits. Your boys have the opportunity with every skirmish to learn to solve conflicts on their own. So on a day when you've refereed one fight after another, you've earned the right to feel a bit smug: your kids are learning social justice and fairness even as they argue over who sits where at the dinner table.

Jan Faull is a parenting instructor in the Seattle area.

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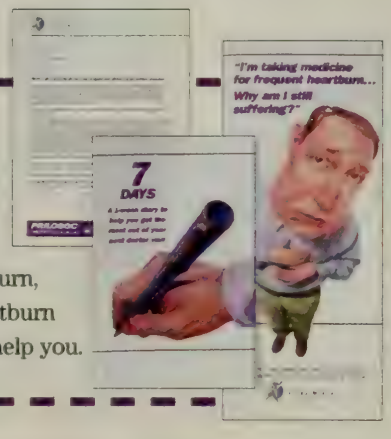
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Please read this summary carefully, and then ask your doctor about PRILOSEC. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussions with your doctor. *Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

PRILOSEC®* *(OMEPRAZOLE) Delayed-Release Capsules*

BRIEF SUMMARY

CLINICAL PHARMACOLOGY ***Pharmacokinetics and Metabolism:*** **Omeprazole –** In pharmacokinetic studies of single 20 mg omeprazole doses, an increase in AUC of approximately four-fold was noted in Asian subjects compared to Caucasians. Dose adjustment, particularly where maintenance of healing of erosive esophagitis is indicated, for the hepatically impaired and Asian subjects should be considered.

INDICATIONS AND USAGE ***Duodenal Ulcer:*** PRILOSEC is indicated for short-term treatment of active duodenal ulcer. Most patients heal within 4 weeks. Some patients may require an additional 4 weeks of therapy. PRILOSEC, in combination with clarithromycin, is also indicated for treatment of patients with *H. pylori* infection and active duodenal ulcer to eradicate *H. pylori*. Eradication of *H. pylori* has been shown to reduce the risk of duodenal ulcer recurrence. In patients who fail therapy, susceptibility testing should be done. If resistance to clarithromycin is demonstrated or susceptibility testing is not possible, alternative antimicrobial therapy should be instituted. (See the clarithromycin package insert, MICROBIOLOGY section.) ***Gastric Ulcer:*** PRILOSEC is indicated for short-term treatment (4-8 weeks) of active benign gastric ulcer. ***Treatment of Gastroesophageal Reflux Disease (GERD):*** **Symptomatic GERD –** PRILOSEC is indicated for the treatment of heartburn and other symptoms associated with GERD. **Erosive Esophagitis –** PRILOSEC is indicated for the short-term treatment (4-8 weeks) of erosive esophagitis which has been diagnosed by endoscopy. The efficacy of PRILOSEC used for longer than 8 weeks in these patients has not been established. In the rare instance of a patient not responding to 8 weeks of treatment, it may be helpful to give up to an additional 4 weeks of treatment. If there is recurrence of erosive esophagitis or GERD symptoms (e.g. heartburn), additional 4-8 week courses of omeprazole may be considered. ***Maintenance of Healing of Erosive Esophagitis:*** PRILOSEC is indicated to maintain healing of erosive esophagitis. Controlled studies do not extend beyond 12 months. ***Pathological Hypersecretory Conditions:*** PRILOSEC is indicated for the long-term treatment of pathological hypersecretory conditions (e.g., Zollinger-Ellison syndrome, multiple endocrine adenomas and systemic mastocytosis)

CONTRAINDICATIONS ***Omeprazole:*** PRILOSEC Delayed-Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. ***Clarithromycin:*** Clarithromycin is contraindicated in patients with a known hypersensitivity to any macrolide antibiotic, and in patients receiving terfenadine therapy who have pre-existing cardiac abnormalities or electrolyte disturbances. (Please refer to full prescribing information for clarithromycin before prescribing.)

WARNING: ***Clarithromycin:*** **CLARITHROMYCIN SHOULD NOT BE USED IN PREGNANT WOMEN EXCEPT IN CLINICAL CIRCUMSTANCES WHERE NO ALTERNATIVE THERAPY IS APPROPRIATE. IF PREGNANCY OCCURS WHILE TAKING CLARITHROMYCIN, THE PATIENT SHOULD BE APPRISED OF THE POTENTIAL HAZARD TO THE FETUS. (See WARNINGS in prescribing information for clarithromycin.)**

PRECAUTIONS ***General:*** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. ***Information for Patients:*** PRILOSEC Delayed-Release Capsules should be taken before eating. Patients should be cautioned that the PRILOSEC Delayed-Release Capsule should not be opened, chewed or crushed, and should be swallowed whole. ***Drug Interactions:*** **Other –** Omeprazole can prolong the elimination of diazepam, warfarin and phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (e.g., cyclosporine, disulfiram, benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs when taken concomitantly with PRILOSEC. Because of its profound and long lasting inhibition of gastric acid secretion, it is theoretically possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (e.g., ketoconazole, ampicillin esters, and iron salts). In the clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Combination Therapy with Clarithromycin –** Co-administration of omeprazole and clarithromycin may result in increases in plasma levels of omeprazole, clarithromycin, and 14-hydroxy-clarithromycin. (See CLINICAL PHARMACOLOGY, *Pharmacokinetics: Combination Therapy with Clarithromycin* in full Prescribing Information.) ***Carcinogenesis, Mutagenesis, Impairment of Fertility:*** In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose, based on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg/kg/day omeprazole (approximately 35 times the human dose) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. An unusual primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* assay, an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 6250 times the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse micronucleus study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. ***Pregnancy:*** **Omeprazole: Pregnancy Category C –** In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Clarithromycin: Pregnancy Category C –** See WARNING (above) and full prescribing information for clarithromycin before using in pregnant women. ***Nursing Mothers:*** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole administration during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or discontinue the drug, taking into account the importance of the drug to the mother. ***Pediatric Use:*** Safety and effectiveness in children have not been established.

ADVERSE REACTIONS: In the U.S. clinical trial population of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences considered by investigators as possibly, probably, or definitely related to the drug.

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n=195)
Headache	6.9 (2.4)	6.3	7.7 (2.6)
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (0.5)
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (0.5)
URI	1.9	[illegible]	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.0)
Vomiting	1.5 (0.4)	4.7	1.5 (0.5)
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	[illegible]	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (1.0)
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been repo international double-blind, and open-label, clinical trials in which 2,631 patients and subjects received omeprazol

Incidence of Adverse Experiences ≥ 1% Causal Relationship not Assessed

		Omeprazole (n=2631)	Placebo (n=
Body as a Whole, site unspecified	Abdominal pain	5.2	3.3
	Asthenia	1.3	0.8
Digestive System	Constipation	1.5	0.8
	Diarrhea	3.7	2.5
	Flatulence	2.7	5.8
	Nausea	4.0	6.7
	Vomiting	3.2	10.0
	Acid regurgitation	1.9	3.3
Nervous System/Psychiatric	Headache	2.9	2.5

Additional adverse experiences occurring in <1% of patients or subjects in domestic and/or international t occurring since the drug was marketed, are shown below within each body system. In many instances, the relat to PRILOSEC® (omeprazole) was unclear. *Body As a Whole:* Fever, pain, fatigue, malaise, abdominal s *Cardiovascular:* Chest pain or angina, tachycardia, bradycardia, palpitation, elevated blood pressure, peripheral e *Gastrointestinal:* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal canc mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic gland polyps hav noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastro-du carcinoids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This fir believed to be a manifestation of the underlying condition, which is known to be associated with such tumors. *H* Mild and, rarely, marked elevations of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, phosphatase, and bilirubin (jaundice)]. In rare instances, overt liver disease has occurred, including hepato cholestatic, or mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encephal *Metabolic/Nutritional:* Hyponatremia, hypoglycemia, weight gain. *Musculoskeletal:* Muscle cramps, myalgia, weakness, joint pain, leg pain. *Nervous System/Psychiatric:* Psychic disturbances including depression, aggr hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, anxiety, dream abnormalities; paresthesia; hemifacial dysesthesia. *Respiratory:* Epistaxis, pharyngeal pain. *Skin:* Rash and, very rarely, cases of generalized skin reactions including toxic epidermal necrolysis (TEN; some fatal), Stevens-Johnson syndrom erythema multiforme (some severe); skin inflammation, urticaria, angioedema, pruritus, alopecia, dry skin, hyperh *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial nephritis (some with positive rechallenge), urina infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hematuria, glycosuria, te pain, gynecomastia. *Hematologic:* Rare instances of pancytopenia, agranulocytosis (some fatal), thrombocyt neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported. ***Combination Therapy with Clarithromycin:*** In clinical trials using combination therapy with PRILOSEC and clarithromycin, no adverse expe peculiar to this drug combination have been observed. Adverse experiences that have occurred have been lim those that have been previously reported with omeprazole or clarithromycin. Adverse experiences observed in coi clinical trials using combination therapy with PRILOSEC and clarithromycin (n=346) which differed from those pre described for omeprazole alone were: Taste perversion (15%), tongue discoloration (2%), rhinitis (2%), pharyngiti and flu syndrome (1%). For more information on clarithromycin, refer to the clarithromycin package insert, AD REACTIONS section.

OVERDOSAGE: Rare reports have been received of overdosage with omeprazole. Doses ranged from 320 mg mg (16-45 times the usual recommended clinical dose). Manifestations were variable, but included cor drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symptom transient, and no serious clinical outcome has been reported. No specific antidote for omeprazole overdosage is k Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the event of overdosage, tre should be symptomatic and supportive.

DOSAGE AND ADMINISTRATION ***Duodenal Ulcer:*** Short-Term Treatment of Active Duodenal Ulcer: The mended adult oral dose of PRILOSEC is 20 mg once daily. Most patients heal within 4 weeks. Some patients may an additional 4 weeks of therapy. (See INDICATIONS AND USAGE.)

Reduction of the Risk of Duodenal Ulcer Recurrence: Combination Therapy with Clarithromycin

Days 1-14:	Days 15-28:
PRILOSEC 40 mg q.d. (in the morning) plus clarithromycin 500 mg t.i.d.	PRILOSEC 20 mg q.d

Please refer to clarithromycin full prescribing information for CONTRAINDICATIONS and WARNING, and for infor regarding dosing in elderly and renally impaired patients (PRECAUTIONS: *General*, PRECAUTIONS: *Geriatric U* PRECAUTIONS: *Drug Interactions*). ***Gastric Ulcer:*** The recommended adult oral dose is 40 mg once a day for weeks. (See INDICATIONS AND USAGE, *Gastric Ulcer*.) ***Gastroesophageal Reflux Disease (GERD):*** The mended adult oral dose for the treatment of patients with symptomatic GERD and no esophageal lesions is 20 m for up to 4 weeks. The recommended adult oral dose for the treatment of patients with erosive esophagitis and a panying symptoms due to GERD is 20 mg daily for 4 to 8 weeks. (See INDICATIONS AND USAGE.) ***Maintena Healing of Erosive Esophagitis:*** The recommended adult oral dose is 20 mg daily. ***Pathological Hypersec Conditions:*** The dosage of PRILOSEC in patients with pathological hypersecretory conditions varies with the ind patient. The recommended adult oral starting dose is 60 mg once a day. Doses should be adjusted to individual needs and should continue for as long as clinically indicated. Doses up to 120 mg t.i.d. have been administered dosages of greater than 80 mg should be administered in divided doses. No dosage adjustment is necessary for p with renal impairment, hepatic dysfunction or for the elderly.

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PRC-16

December 1996

NOTE: This summary provides important information about PRILOSEC. If you would lik more information, ask your doctor or pharmacist to let you read the professional labeli and then discuss it with them.

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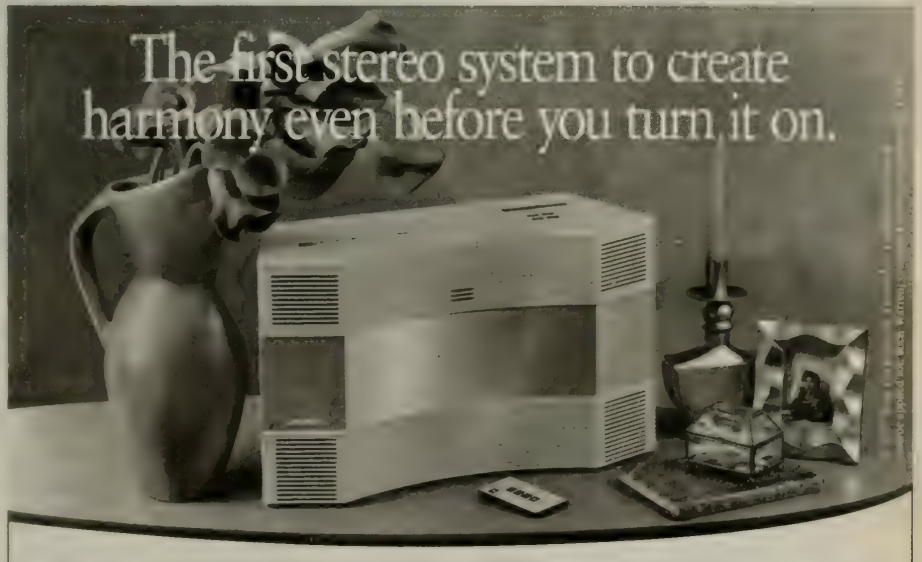
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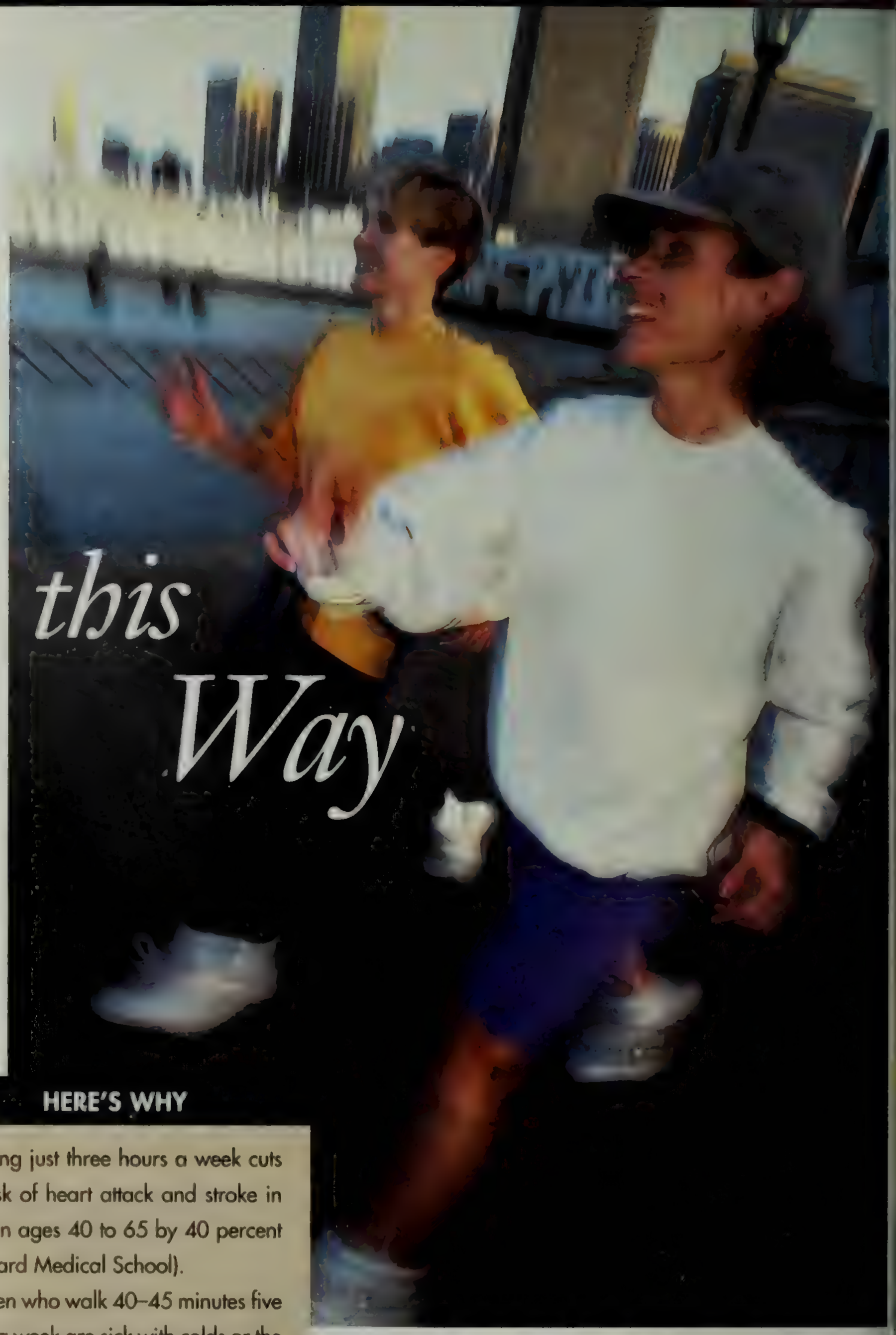
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Walk *this Way*

by Michele Meyer



Imagine. A gentle breeze whispers through your hair. The sun tiptoes across your face. Your mind drifts like a cloud.

But you don't have to lie on a tropical island to reach nirvana. Just go for a walk.

Truly the feel-good sport, walking allows you to escape stress, lose weight, boost your energy, lower your blood pressure, raise your HDL (good) cholesterol and reduce your risk of diabetes and osteoporosis. And you can do it anytime, anyplace.

HERE'S WHY

- Walking just three hours a week cuts the risk of heart attack and stroke in women ages 40 to 65 by 40 percent (Harvard Medical School).
- Women who walk 40–45 minutes five times a week are sick with colds or the flu half as often as sedentary women (Appalachian State University).
- You can lose about 18 pounds a year—without dieting—if you walk 45 minutes, four times a week (James Rippe, M.D. and the University of Massachusetts Medical School).

The more quickly you walk, the faster the calories burn. A 140-pound woman burns about four calories a minute if she walks a mile in 20 minutes (or 3 miles per hour). The calories jump to 5.2 per minute for a 15-minute mile (4 mph) or 7.7 per minute for a 12-minute mile (5 mph).

Walking is an equal opportunity exercise, says Kathy Smith, a fitness instructor who created a walking program exclusively for *Better Homes and Gardens*® magazine (see *page 96*). "There aren't any biases against uncoordinated people, and everyone knows how to do it. It's a 'no excuses workout' because you don't need equipment or a gym."

You don't even have to walk outside to get health benefits. A treadmill burns more calories and raises cardiovascular fitness more effectively than stationary bikes, stair climbers, rowers, and ski machines, according to a 1996 study by the Medical College of Wisconsin and Veterans Affairs Medical Center in Milwaukee. Why? The researchers believe that people work harder while walking because it's something they do every day.

Getting started. Don't move an inch until you've got shoes made for walking. They should have good arch support, fairly low but well-cushioned heels, and good flexibility at the ball of the foot, says Mark Fenton, a five-time member of the U.S. National Racewalking Team and coauthor of *The 90-Day Fitness Walking Program* (Perigee, 1995). Try on shoes in the afternoon, when your feet are largest, with the type of socks you'll wear while walking.

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More convenient than Femstat®3.
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Walk This Way

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Choose shoes that don't slip at the heel, and leave a thumbnail's width between your big toe and the shoe's tip. For rough trails, you'll do better in a high-cut light hiking or rugged walking shoe.

Replace your walking shoes at least every six months or after walking 500 miles, whichever comes first, Fenton says. Make a note on your calendar, because "even if they look fine at the end of six months, the cushioning loses its ability to absorb the impact. One of the best ways to hurt yourself is to wear old shoes," he says. Like many walkers, Fenton alternates two pairs—a new one and an older one. "When you start looking forward to wearing the new ones, you know it's time to retire the old ones."

Veteran walkers know that socks should be made of a cotton blend to avoid any blister-causing dampness. Also, fight the heat by wearing a hat, sunscreen, sunglasses, and light colors to reflect the sun. Lightweight clothing that breathes, preferably a synthetic, is a good choice, says Maria Stefan, executive director of Sporting Goods Manufacturers Association. Also, materials such as Coolmax and Comfortrel are designed to cool you by wicking sweat away.

Champion walkers sop up moisture in their shoes with cornstarch and prevent chafing under their arms and between their thighs with petroleum jelly, says Susan Johnson, Ed.D., director of continuing education at the Cooper Institute for Aerobics Research in Dallas.

Another trick of the pros is to wear nylon hosiery or silk socks inside cotton-blend socks. The slipperiness between the two fabrics absorbs the friction that normally causes blisters to form, says Pierce Scranton Jr., M.D., an orthopedic surgeon and team physician for the Seattle Seahawks football team.

Posture perfect. You know how to walk, but do you know the best way to walk? Stand up straight, keep your chin parallel to the ground, and move with a sense of purpose. Your ears should be directly over your shoulders, hips, knees, and feet. Arms should swing freely, and when you want to pick up the pace, bend your elbows to an 85-degree angle and keep them close to your body. Your hands should never rise above mid-chest level or fall past your hips, says Smith. "Your arms are like pistons—boom, boom."

An easy way to remind yourself is to think RACES: R—roll your foot to the ball of your foot; A—arms swinging with purpose; C—contract your tummy; E—eyes straight ahead; and S—shoulders back, down, and together.

To really work, lean your entire body slightly forward as if a rope is around your chest pulling you. Your steps move in closer, with one foot in front of the other as if you were walking a tightrope. But stick to the same pace.

To help keep your head up, scan the path by looking 15 feet ahead and

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OUR SUMMER WALKING PROGRAM

This basic, yet demanding, walking program was designed by Kathy Smith, fitness-video instructor and author of *WalkFit for a Better Body* (Warner Books, 1994).

WEEKS 1–3: THE FOUNDATION

- As with every walk, start with a five-minute stroll and then your stretches (see *page 98*). For the first two weeks, walk three times a week for 10 minutes (this doesn't include warm-up time). The goal is to build up to 20 minutes, three times a week by the end of the third week.
- For the first few days, focus on keeping your chin up. Once you've mastered that, focus on a tight tummy and on keeping your shoulders down and relaxed. End each workout with the same stretches you started with.

WEEKS 4–9: THE WORKOUT

- Your goal—in addition to increasing the time from 20 to 30 minutes and adding a fourth day a week—will be to build speed. To do this, continue thinking about posture, but also focus on landing on your heel, rolling to your toe, and then pushing off with your toe.
- Once that becomes automatic, focus on squeezing your butt as you push off your toes.
- By the end of the ninth week, you should be walking for 30 minutes, four times a week—at a faster pace.

WEEKS 10-12: THE CHALLENGE

- Over the next three weeks, build up to five days a week and walk for 40 to 45 minutes.
- To further increase your speed, focus on your arm swing, taking care to have an unclenched, loose hand. Then concentrate on walking a line.
- Once you've mastered the footwork, try "the interval," a marathoner's training tool, in which you vary your speed to increase results. Here's how it works: After walking 10 minutes at a steady pace, do five sets of intervals for a total of 15 minutes. First, walk as fast as you can for 90 seconds. Then recover for 90 seconds by walking at a leisurely pace. Repeat [illegible] times. Walk at a steady pace for the rest of your workout. Cool down with a five-minute stroll.

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- Rex Barron, children's book illustrator
- Representatives from organizations listed below

For complete *"Young Artists Against Allergies"* Contest information

1-800-782-4540 today!

Walk This Way

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lowering your eyes, not your chin. Keep your hands free by wearing your portable radio, heart monitor, or water bottle on a hip belt. Skip leg and hand weights, which throw off your gait and could hurt your back and shoulders.

Strive to exert yourself at a level six on a scale of 1 to 10, with 0 being very relaxed and 10 being your maximum output. You should be able to talk, but not be able to sing, says Smith. "If you're panting, you're working too hard."

Those into mental aerobics also can use a heart monitor, striving for 60 to 80 percent of maximum heart rate. To determine how fast your heart should beat in a minute, subtract your age and your resting heart rate from 226. Multiply the resulting figure by 60 percent and then add in your resting heart rate. For example, if you're 40 and your resting heart rate is 85: 226-(40+85) x .60 = 60.6; 60.6 + 85 = 145.6.

Drink 8 ounces of water an hour before you start walking, then another 4 to

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SEVEN GREAT STRETCHES

To avoid injury, start every walk with a five-minute stroll and these stretches:

- **Neck stretch.** Bring your left ear to your left shoulder until you can feel a pull. Hold 10 seconds, bring your head back to center and then lower your right ear to your right shoulder. Don't turn or twist your head.
- **Shoulder shrug.** Lift your shoulders toward your ears, hold for two seconds and then release your shoulders for four seconds. Repeat four times.
- **Calf and Achilles tendon stretch.** Facing a wall, put your palms against it and stretch your right leg in back of you, with both feet flat on the floor. Bend your left knee slightly forward, but not beyond your toe. Be sure to keep your back straight, not leaning forward. Your toes should point forward and both hips should be parallel to the wall. Hold the stretch for 20 seconds, and then repeat on the other side. Don't bounce on this, or any, stretch.
- **Hamstring (back thigh) stretch.** Find a bench or sturdy chair and put one foot on it so the leg is straight. Lean forward slightly until you feel tightness in the back of that thigh. Keep the knee slightly bent and the foot flexed. Hold for eight seconds and then relax for eight seconds. Then stretch the same side again, for up to 30 seconds for a more extensive stretch. Repeat on the other side.
- **Quadriceps (front thigh) stretch.** Stand facing a wall. Lift your right foot behind you and grab your right ankle with your right hand. Keep the right knee pointed toward the floor and pull your foot back until you feel a stretch in the leg, but not tension in the knee. Tighten your right buttock to enhance the stretch. Make sure you stand straight, not leaning forward or to the side. Repeat on the left side.
- **Chest stretch.** Stand up and put your hands behind your back and interlock your fingers, with palms facing each other. Raise your hands up and stretch. Another option is to stand in a doorway and extend your hands out to the frame. Hang on, and lean forward as if you were the masthead on a ship.
- **Lower-back stretch.** Have you hugged your knees today? You can get a great stretch by sitting in a chair and hugging yourself, right above your knees. If a chair isn't handy, stand with your feet shoulder-width apart and your hands on your thighs just above your knees. Tuck your pelvis and tighten your tummy as if your belly button were pressing into your spine. Round your back into a C shape, hold for 10 seconds, and release to your natural position. Repeat.

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Experience safe and effective seasonal allergy relief

No drowsy side effects.

CLARITIN® gives you effective, *nondrowsy relief.* In fact, studies show that the incidence of drowsiness was similar to placebo (sugar pill) at the recommended dose. Drowsiness may occur if you take more than the recommended dose.

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Notify your doctor of other medication(s) you are currently taking. Consult your doctor for important information concerning this product.

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10 mg TABLETS (loratadine)

Clear Relief

*Since September 1994, the #1 prescription antihistamine worldwide**

Please see following page for additional important information.

Schering / KEM

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Visit our Web Site at: http://www.claritin.com

*These findings were based on a sales comparison of loratadine (US dollars) with other leading antihistamines. IMS International Prescription Audit. (September 1994 to December 1996).

CLARITIN®
brand of loratadine
TABLETS and SYRUP

BRIEF SUMMARY (For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: CLARITIN is indicated for the relief of nasal and non-nasal symptoms of seasonal allergic rhinitis and for the treatment of chronic idiopathic urticaria in patients 6 years of age or older.

CONTRAINDICATIONS: CLARITIN is contraindicated in patients who are hypersensitive to this medication or to any of its ingredients.

PRECAUTIONS: General: Patients with liver impairment or renal insufficiency (GFR < 30 mL/min) should be given a lower initial dose (10 mg every other day). (See **CLINICAL PHARMACOLOGY: Special Populations.**)

Drug Interactions: Loratadine (10 mg once daily) has been coadministered with therapeutic doses of erythromycin, cimetidine, and ketoconazole in controlled clinical pharmacology studies in adult volunteers. Although increased plasma concentrations (AUC 0-24 hrs) of loratadine and/or descarboethoxyloratadine were observed following coadministration of loratadine with each of these drugs in normal volunteers (n = 24 in each study), there were no clinically relevant changes in the safety profile of loratadine, as assessed by electrocardiographic parameters, clinical laboratory tests, vital signs, and adverse events. There were no significant effects on QT_c intervals, and no reports of sedation or syncope. No effects on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentrations (AUC 0-24 hrs) of erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythromycin alone. The clinical relevance of this difference is unknown. These above findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine After 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboethoxyloratadine
Erythromycin (500 mg Q8h)	+ 40%	+46%
Cimetidine (300 mg QID)	+103%	+ 6%
Ketoconazole (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and loratadine.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In an 18-month carcinogenicity study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity studies, pharmacokinetic assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (descarboethoxyloratadine) times higher than in humans given the maximum recommended daily oral dose. Exposure of rats given 25 mg/kg of loratadine was 28 (loratadine) and 67 (descarboethoxyloratadine) times higher than in humans given the maximum recommended daily oral dose. Male mice given 40 mg/kg had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and males and females given 25 mg/kg. The clinical significance of these findings during long-term use of CLARITIN is not known.

In mutagenicity studies, there was no evidence of mutagenic potential in reverse (Ames) or forward point mutation (CHO-HGPRT) assays, or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA Assay) or in two assays for chromosomal aberrations (Human Peripheral Blood Lymphocyte Clastogenesis Assay and the Mouse Bone Marrow Erythrocyte Micronucleus Assay). In the Mouse Lymphoma Assay, a positive finding occurred in the nonactivated but not the activated phase of the study.

Decreased fertility in male rats, shown by lower female conception rates, occurred at an oral dose of 64 mg/kg (approximately 50 times the maximum recommended human daily oral dose on a mg/m^2 basis) and was reversible with cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the rat at an oral dose of approximately 24 mg/kg (approximately 20 times the maximum recommended human daily oral dose on a mg/m^2 basis).

Pregnancy Category B: There was no evidence of animal teratogenicity in studies performed in rats and rabbits at oral doses up to 96 mg/kg (approximately 75 times and 150 times, respectively, the maximum recommended human daily oral dose on a mg/m^2 basis). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, CLARITIN should be used during pregnancy only if clearly needed.

Nursing Mothers: Loratadine and its metabolite, descarboethoxyloratadine, pass easily into breast milk and achieve concentrations that are equivalent to plasma levels with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and 0.85 for loratadine and descarboethoxyloratadine, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and descarboethoxyloratadine was excreted into the breast milk (approximately 0.03% of 40 mg over 48 hours). A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when CLARITIN is administered to a nursing woman.

Pediatric Use: The safety of CLARITIN Syrup at a daily dose of 10 mg has been demonstrated in 188 pediatric patients 6-12 years of age in placebo-controlled 2-week trials. The effectiveness of CLARITIN for the treatment of seasonal allergic rhinitis and chronic idiopathic urticaria in this pediatric age group is based on an extrapolation of the demonstrated efficacy of CLARITIN in adults in these conditions and the likelihood that the disease course, pathophysiology, and the drug's effect are substantially similar to that of the adults. The recommended dose for the pediatric population is based on cross-study comparison of the pharmacokinetics of CLARITIN in adults and pediatric subjects and on the safety profile of loratadine in both adults and pediatric patients at doses equal to or higher than the recommended doses. The safety and effectiveness of CLARITIN in pediatric patients under 6 years of age have not been established.

ADVERSE REACTIONS: CLARITIN Tablets: Approximately 90,000 patients, aged 12 and older, received CLARITIN Tablets 10 mg once daily in controlled and uncontrolled studies. Placebo-controlled clinical trials at the recommended dose of 10 mg once a day varied from 2 weeks' to 6 months' duration. The rate of premature withdrawal from these trials was approximately 2% in both the treated and placebo groups.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE THAN 2% IN PLACEBO-CONTROLLED ALLERGIC RHINITIS CLINICAL TRIALS IN PATIENTS 12 YEARS OF AGE AND OLDER

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 1926	PLACEBO n = 2545	CLEMASTINE 1 mg BID n = 536	TERFENADINE 60 mg BID n = 684
Headache	12	11	8	8
Somnolence	8	6	22	9
Fatigue	4	3	10	2
Dry Mouth	3	2	4	3

[illegible] reported in placebo-controlled chronic idiopathic urticaria trials were similar to those reported in allergic rhinitis studies.

Adverse event rates did not appear to differ significantly based on age, sex, or race, although the number of non-white subjects was relatively small.

CLARITIN Syrup: Approximately 300 pediatric patients 6 to 12 years of age received 10 mg loratadine once daily in controlled clinical trials for a period of 8-15 days. Among these, 188 children were treated with 10 mg loratadine syrup once daily in placebo-controlled trials. Adverse events in these pediatric patients were observed to occur with type and frequency similar to those seen in the adult population. The rate of premature discontinuance due to adverse events among pediatric patients receiving loratadine 10 mg daily was less than 1%.

ADVERSE EVENTS OCCURRING WITH A FREQUENCY OF ≥ 2% IN LORATADINE SYRUP-TREATED PATIENTS (6-12 YEARS OLD) IN PLACEBO-CONTROLLED TRIALS, AND MORE FREQUENTLY THAN IN THE PLACEBO GROUP

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n = 188	PLACEBO n = 262	CHLORPHENIRAMINE 2-4 mg BID/TID n = 170
Nervousness	4	2	2
Wheezing	4	2	5
Fatigue	3	2	5
Hyperkinesia	3	1	1
Abdominal Pain	2	0	0
Conjunctivitis	2	<1	1
Dysphonia	2	<1	0
Malaise	2	0	1
Upper respiratory tract infection	2	<1	0

In addition to those adverse events reported above (≥ 2%), the following adverse events have been reported in at least one patient in CLARITIN clinical trials in adult and pediatric patients:

Autonomic Nervous System: Altered lacrimation, altered salivation, flushing, hypoesthesia, impotence, increased sweating, thirst.

Body As A Whole: Angioneurotic edema, asthenia, back pain, blurred vision, chest pain, earache, eye pain, fever, leg cramps, malaise, rigors, tinnitus, viral infection, weight gain.

Cardiovascular System: Hypertension, hypotension, palpitations, syncope, tachycardia.

Central and Peripheral Nervous System: Blepharospasm, dizziness, dysphonia, hypertonia, migraine, paresthesia, tremor, vertigo.

Gastrointestinal System: Altered taste, anorexia, constipation, diarrhea, dyspepsia, flatulence, gastritis, hiccup, increased appetite, nausea, stomatitis, toothache, vomiting.

Musculoskeletal System: Arthralgia, myalgia.

Psychiatric: Agitation, amnesia, anxiety, confusion, decreased libido, depression, impaired concentration, insomnia, irritability, paroniria.

Reproductive System: Breast pain, dysmenorrhea, menorrhagia, vaginitis.

Respiratory System: Bronchitis, bronchospasm, coughing, dyspnea, epistaxis, hemoptysis, laryngitis, nasal dryness, pharyngitis, sinusitis, sneezing.

Skin and Appendages: Dermatitis, dry hair, dry skin, photosensitivity reaction, pruritus, purpura, rash, urticaria.

Urinary System: Altered micturition, urinary discoloration, urinary incontinence, urinary retention.

In addition, the following spontaneous adverse events have been reported rarely during the marketing of loratadine: abnormal hepatic function, including jaundice, hepatitis, and hepatic necrosis; alopecia; anaphylaxis; breast enlargement; erythema multiforme; peripheral edema; seizures; and supraventricular tachyarrhythmias.

OVERDOSAGE: In adults, somnolence, tachycardia, and headache have been reported with overdosage of greater than 10 mg with the Tablet formulation (40 to 180 mg). Extrapyramidal signs and palpitations have been reported in children with overdoses of greater than 10 mg of CLARITIN Syrup. In the event of overdosage, general symptomatic and supportive measures should be instituted promptly and maintained for as long as necessary.

Treatment of overdosage would reasonably consist of emesis (ipecac syrup), except in patients with impaired consciousness, followed by the administration of activated charcoal to absorb any remaining drug. If vomiting is unsuccessful, or contraindicated, gastric lavage should be performed with normal saline. Saline cathartics may also be of value for rapid dilution of bowel contents. Loratadine is not eliminated by hemodialysis. It is not known if loratadine is eliminated by peritoneal dialysis.

No deaths occurred at oral doses up to 5000 mg/kg in rats and mice (greater than 2400 and 1200 times, respectively, the maximum recommended human daily oral dose on a mg/m^2 basis). Single oral doses of loratadine showed no effects in rats, mice, and monkeys at doses as high as 10 times the maximum recommended human daily oral dose on a mg/m^2 basis.

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Walk This Way

continued from page 98

5 ounces just before you start, says Martin Yadrick, a registered dietitian and sports nutritionist in Los Angeles. To determine how much fluid you need to replace after exercising, weigh yourself before and after. For every pound lost, you should drink 16 ounces.

If you find you're losing steam, focus on the next mailbox you pass or on reaching the end of the song you're listening to. Or, entertain yourself with music. It not only helps pass the time but boosts your energy, according to a recent study conducted at Springfield College in Springfield, Massachusetts.

Women exercising on stationary bikes stretched their workout times by about 25 percent and men by 30 percent when music was added, as reported in the *Journal of Physical Therapy*. You also might make a pact with yourself that you'll only watch your favorite TV show when you're on the treadmill. Or the American Volkssport Association, a nonprofit, noncompetitive walking association (800/830-9255) can put you in touch with walking clubs in your area.

If you ever want to see how far you're walking, measure your route with your car's odometer. Just be sure not to walk alone outdoors after dusk, and keep one ear free to hear traffic if you're listening to music.

You also can use Fenton's trick to determine whether you're walking fast enough for aerobic fitness benefits or just enough to lower your heart-attack risk.

Count how many steps you take. If you are taking 30 to 40 steps in 20 seconds, you're getting health benefits. To tone and hone your body, you need to exceed 45 steps in 20 seconds. (Every time a foot hits the ground counts as a step.)

To avoid injury, you'll want to increase the length of your walks by no more than 10 to 20 percent from week to week.

reader shopping

Put On Your Walking Shoes



If you enjoyed this health feature, we are pleased to offer you more information about general fitness and walking from Kathy Smith, author of the *Better Homes and Gardens®* Walking Program outlined on *page 96*.

Kathy Smith's Fitness Makeover: A Ten Week Guide to Exercise and Nutrition That Will Change Your Life, from Warner Books, is Kathy's latest book. This 262-page softcover workbook presents a 10-week fitness plan concentrating on a single body part and nutritional goal each week. In this way, small changes are more manageable and more likely to become permanent. A unique and crucial component of the program is a daily diary for recording workout and food choices. The fitness makeover includes muscle-toning workouts that sculpt the entire body, a cardiovascular exercise plan, and a low-fat eating strategy that avoids deprivation. The price of the book is $20.95, which includes shipping, handling, and applicable sales tax.

Kathy Smith's easy-to-follow instructional audiotapes present highly motivational walking programs. Choose from ***Walking Easy*** (two complete 30-minute workouts perfect for beginners but ideal for anyone who likes to walk), ***Better Body Workout*** (three complete walking workouts featuring basic walking techniques that focus on toning and fat burning), ***Weight Loss Workout*** (coaches you through a series of interval exercises to vary your walking speed and intensity, increase your metabolism, burn calories, and firm muscles), and ***Country Crossroads*** (two 30-minute energizing walking workouts for beginner to advanced exercisers). From Warner AudioBooks, each cassette is 60 minutes long. A single audiobook costs $15.95, additional audiobooks cost $11.95 each. All prices include shipping, handling, and applicable sales tax.

TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, make a list of the products you wish to purchase and then send that list along with a check or money order for the total amount to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 9706, Box 9128, Des Moines, IA 50306-9128.



HAVE YOU *EVER*

TREATED A

VAGINAL YEAST INFECTION

in

BROAD DAYLIGHT ?

You can with

Oral DIFLUCAN®
(fluconazole)

The only one-dose tablet for yeast infections you can take anytime—day or night.

You simply take one oral tablet once for a complete cure for most vaginal yeast* infections. That's the great idea behind Diflucan, the treatment doctors have prescribed more than 2 million times.† And Diflucan has been shown to be comparable to 7 days of Monistat® 7, Gyne-Lotrimin®, or Mycelex®-7.‡ In US clinical studies, the most common side effects that occurred with Diflucan were headache (13%), nausea (7%), and stomach pain (6%). To find out more about the prescription oral treatment... ask your doctor or healthcare professional about Diflucan for vaginal yeast infections.

Diflucan®
(fluconazole 150-mg tablet)
The one-dose *oral* treatment

Pfizer

Please see additional important product information on adjacent page.

*Due to *Candida*.

† IMS America National Prescription Audit September 1994-January 1996.

‡ Monistat 7 (miconazole) is a registered trademark of Ortho Pharmaceutical Corp; Gyne-Lotrimin (clotrimazole) is a registered trademark of Schering-Plough Corp; Mycelex-7 (clotrimazole) is a registered trademark of Bayer Corp.

Diflucan®
(fluconazole 150-mg tablet)

for vaginal yeast infections due to *Candida*

Summary of patient information about DIFLUCAN (Dī-flū-can), fluconazole (flū-coń-a-zol)

PLEASE READ THIS BEFORE USING DIFLUCAN for the treatment of vaginal yeast infections due to *Candida*.

Pfizer wants you to know as much as possible about your medicines. The purpose of this summary is to inform you about DIFLUCAN and its use in the treatment of vaginal yeast infections. However, no summary can take the place of a discussion between you and your doctor or other healthcare professional. Your doctor has been provided with full prescribing information for DIFLUCAN, upon which this summary is based. You may want to read it and discuss any questions you may have.

What is a vaginal yeast infection?

In the vagina, yeast and bacteria live together in a balance that limits the excessive growth of either. When this normal balance is upset for any reason, an infection can occur. Changes within the vagina can be caused by increased moisture, as may happen during prolonged exposure to wet clothing or sweaty exercise outfits.

In addition, some medical conditions and certain medicines can increase the chances of getting a yeast infection. Specifically, the chances of getting an infection are higher in women who are pregnant, diabetic, using birth control pills, or taking antibiotics. Vaginal infections are common, and an estimated 75% of all adult women have at least one vaginal yeast infection in their lifetimes.

Vaginal yeast infections are uncomfortable and may cause itching, burning, and soreness. When infected, the lining of the vagina becomes inflamed (a condition known as vaginitis) and the vaginal area reddens. An increase in vaginal secretions is also common during yeast infections, and some women have a thick, white discharge.

What is *Candida*?

Most yeast infections are caused by a type of fungus called *Candida*. It is normal for the *Candida* yeast to live in the human body.

How does DIFLUCAN work against a yeast infection?

DIFLUCAN is an antifungal agent that works by interfering with the yeast's normal growth process. Because of this action, DIFLUCAN effectively cures most vaginal yeast infections due to *Candida*.

Who should NOT take DIFLUCAN?

DIFLUCAN should not be taken by anyone known to be allergic to fluconazole, the active ingredient, or to any of the inactive ingredients listed at the end of this Summary. Also, you should tell your doctor or other healthcare professional about [illegible] other medicines

How should I take DIFLUCAN and what should I expect?

DIFLUCAN for vaginal yeast infections is a 150-mg tablet that is taken by mouth. Most patients can expect to see the beginning of symptom relief within 24 hours of taking the tablet. As DIFLUCAN works to cure the infection over a period of days, symptoms will gradually lessen and eventually disappear

DIFLUCAN can be taken anytime—day or night, with or without meals. You should take it as soon as possible, **by mouth**, to ensure the earliest relief. If the sym[illegible]e not started to go away within 3 to 5 days, you sho[illegible] your doctor or other healthcare professional.

Possible side effects

In US clinical studies of 448 patients taking a single do[illegible] DIFLUCAN for vaginal yeast infections, the most common side effects reported were headache (13%), nausea (7%), and stomach pain (6%). Other side effects reported were diarrhea (3%), indigestion (1%), dizziness (1%), and changes in the way food tastes (1%). Overall, 26% of patients taking DIFLUCAN reported side effects, compared with 16% of 422 patients using vaginal products. You may want to discuss with your doctor or other healthcare professional whether the convenience of a single oral dose outweighs the increased risk of side effects compared with other treatments that are applied directly in the vagina. You should also tell your doctor or other healthcare professional about any side effects you do experience.

Important warnings and precautions

Follow your doctor's directions about how to take DIFLUCAN, and be aware of the following points:

- If the symptoms of your vaginal yeast infection have not improved within 3 to 5 days, contact your doctor or other healthcare professional.
- DIFLUCAN has not been studied in pregnant women. If you are pregnant, your doctor should prescribe DIFLUCAN only if the benefit to you justifies the possible risk to the fetus.
- Because DIFLUCAN passes into human milk, you should not take DIFLUCAN while nursing.
- Be sure to tell your doctor and other healthcare professionals about *all* the medicines you are taking—prescription, nonprescription, and vitamins. They know about possible interactions between medicines and are best able to prevent them. DIFLUCAN may interact with certain birth control pills, cimetidine (Tagamet), hydrocholorothiazide, antacids, rifampin, warfarin (Coumadin), phenytoin (Dilantin), cyclosporine (Sandimmune), zidovudine (Retrovir or AZT), theophylline, terfenadine (Seldane), and oral antidiabetic medicines. If you are not sure whether you are taking any of these medicines, check with your doctor, pharmacist, or other healthcare professional.
- DIFLUCAN has been connected to rare cases of serious liver damage, including deaths, primarily in patients with serious underlying medical conditions.
- Rare cases of anaphylaxis (a severe allergic reaction) have been reported, as well as rare cases of a severe skin disorder.

Cancer and impairment of fertility

Like most prescription drugs, DIFLUCAN was required to be tested on animals before it was allowed for human use. Often these tests are designed to achieve higher drug levels than humans achieve at recommended dosing. In these tests, benign liver tumors were observed in some of the male animals and a complicated labor/delivery was observed in some female animals. Your healthcare professional can tell you more about how drugs are tested on animals and what the results of these tests mean about safety for you.

Pediatric use

One-dose DIFLUCAN treatment for vaginal yeast infections due to *Candida* has not been studied in children. When multiple-dose DIFLUCAN was used for the treatment of other infections in children up to the age of 17 years, the most commonly reported side effects were vomiting (5%), stomach pain (3%), nausea (2%), and diarrhea (2%).

Active ingredient: Each tablet contains 150 mg fluconazole.

Inactive ingredients: Microcrystalline cellulose, dibasic calcium phosphate anhydrous, povidone, croscarmellose sodium, FD&C Red No. 40 aluminum lake dye, and magnesium stearate.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

If you have any questions or want more information about DIFLUCAN for the treatment of vaginal yeast infections, talk to your doctor or other healthcare professional.

Pfizer U.S. Pharmaceuticals Group

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New Milk Labels

Shopping for milk is about to change. Concerned that worries about dietary fat may be turning some consumers away from milk, the Milk Processor Education Program has kicked off a new labeling program for milk. The program is being introduced gradually and is expected to be completed by the beginning of next year. The new milk designations you'll be seeing in the dairy case are:

Fat Free Milk

• The only thing skimmed from skim milk is the fat, but a lot of consumers didn't realize that. What used to be called skim or nonfat milk gets a new moniker, "Fat Free Milk," which better identifies its 0 g fat and 80 calories per cup.

Light Milk

• This new label says it all with a short and slick nickname. Once termed "1% Lowfat Milk," Light Milk still weighs in at just 100 calories per 8-ounce glass. With 2½ g fat to each cup, less than 23 percent of the calories come from fat.

Reduced Fat Milk

• Also termed "2% Reduced Fat Milk," the new label explains the fat content better than the old "2% Lowfat" label. Reduced Fat Milk has 5 g fat and 120 calories per cup.

Whole milk keeps its name and its 3 to 4 percent fat content. All types of milk still contain the same amounts of other nutrients—including 300 mg calcium—per 8-ounce glass. Three daily glasses help healthy adults meet the National Institutes of Health recommendation of 1 g calcium per day. So—call milk what you will—feel free to drink up.

WITHOUT THE USUAL

Shredding, Fulling

OR

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YOU CAN HARDLY CALL IT FLOSSING.

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health

Taking Supplements? Easy Does It!

Unlike other pills, vitamins are sometimes perceived as being as harmless as candy. They're not. Vitamin supplements can be a good thing—when taken as directed—for folks leading busy lives. But when instructions are ignored, dangerous complications can occur. Here are examples of several vitamins and minerals and the possible side effects from overdoing them.

• Vitamin A (as retinol, not beta-carotene), taken in amounts five times or over the recommended dietary allowance (RDA) of 5000 IU, is especially dangerous. High doses have been implicated in birth defects, and can cause irreversible or fatal liver damage.

The body stores vitamin A, so supplements are usually unnecessary.

• Although lack of niacin leads to severe complications, regular, timed-release doses of niacin greater than 1 to 3 g per day can lead to symptoms ranging from abdominal pain to liver damage.

• Vitamin B_6, taken in amounts of 500 mg per day or greater, can cause nerve damage.

• Excess iron inhibits absorption of other minerals, damages arteries, and causes blood disorders. For children, severe iron overdoses can be fatal. Most adults need about 18 mg iron per day; children should take no more than 8 to 10 mg supplemental iron per day.

Some researchers recommend older men and postmenopausal women not take iron supplements.

• For healthy adults, zinc can be harmful in chronic amounts above 60 mg per day. Overdosing inhibits iron and copper absorption, harms blood cells, and depresses immune function. If taking zinc gluconate for colds, use only as directed. The RDA for zinc is 12 to 15 mg.

• Vitamin C is probably the most abused vitamin supplement of all. It's often sold at store checkout counters in 500 to 1000 mg tablets (alongside breath mints and candy). Megadoses—1 to 3 g or more per day—have been linked to gastroenteritis and diarrhea.

fitness matters

GOOD NEWS ABOUT SHAPING UP

by Gary Legwold



Running Shoes Change With Seasons

We know temperature extremes can make even the perkiest people wilt, but running shoes?

Researchers at the University of Oregon checked changes in the cushioning and stability properties in shoes worn by runners who worked out in cold (30 to 35 degrees F.) and hot (90 to 95 F.) weather.

In cold conditions, cushioning properties of moderately stiff midsoles dropped up to 50 percent, says researcher Barry T. Bates, Ph.D. This could mean up to 1.5 times greater impact forces are generated on the body during winter runs compared to summer. Shoes with gel- and air-filled components are less affected by temperature changes, says Bates.

In hot conditions, shoe stability suffered. A stiff shoe became more flexible, which is bad news for the many runners who require stiff shoes to prevent overpronation. Runners who overpronate (a foot rolls inward) often develop foot and knee problems.

Advises Bates: "If you do a lot of running, are prone to injury, and live in a climate with large temperature differences, switching with the seasons from one type of running shoe to another might prevent injuries."

The Tardiness of Thirst

Don't depend on your thirst mechanism to tell you how much and when to drink.

"By the time you're thirsty, you're already dehydrated," says Jeanne Grant, a registered dietitian at the University of Washington Medical Center's Nutrition Clinic. To compensate for dehydration, the body increases heart rate due to the decreased blood return to the heart. Restricted blood flow leads to constriction of blood vessels in the skin; this constriction reduces your body's ability to dissipate heat.

So drink early and often—about 2 quarts of water a day. Before exercise, which tends to blunt thirst even more, drink 1 to 2 cups of water. During long hikes and bike rides, try to drink another cup or two every 20 minutes. Avoid alcohol and caffeine, which are diuretics and can dehydrate the body. Sports drinks are okay if you are exercising longer than an hour, Grant says, but in most cases water is fine.

TIGHT SHORTS MAY GIVE YOU A COMPETITIVE EDGE

Can compressive shorts—the girdlelike shorts made of nylon and Lycra that many athletes wear under regular shorts—give you power-packed jumping ability? When you read some of the research you start to wonder.

A Penn State study tested the jumping ability of male and female volleyball players. All were tested wearing compressive shorts and loose-fitting gym shorts. The compressive shorts had no effect on the height of the best jumps. However, the tight shorts did help players maintain their maximum jumping power for 10 jumps—up to a 12 percent difference from loose-fitting shorts.

Researcher William Kraemer, Ph.D., isn't sure why tight shorts cause improvement. Perhaps, he says, it's because they support muscle fibers better or increase your body's awareness of where it is and what it's doing, especially when fatigue sets in. A good pair costs about $40.

continued on page 110



When my arthritis pain acts up, I go right for my Advil®.

Advil is gentler on my stomach than aspirin and it takes two regular strength Tylenol® to do the job of just one Advil. Nothing has proven it works better or lasts longer than my Advil.* Nothing.



Advanced Medicine for Pain.™

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*Among nonprescription analgesics. Use only as directed for minor arthritis pain. Contains ibuprofen. ©1996 Whitehall-Robins, Madison, NJ.

"Bartholomew"



14" tall. Resin goldfish in fish bowl stand excluded. "Bartholomew" is NOT A TOY and not intended for children. Collectible bears may contain small parts and may pose choking hazards for children.

"Bartholomew" is designed by Pat Joho & Etta Forrin. Each bear is individually hand-numbered.

Look Who Has the "Prize" Catch!

3 payments of only $18.30!

Do you remember your first pet? It may not have been much to look at, but it was your chance to show "grown up" responsibility ... and to have someone to talk to when you needed a friend. That's why Bartholomew is so excited about the goldfish he just brought home from the county fair. He worked hard to win it, and now he can't wait to settle his new pal into the fishbowl in his room. He's as proud as proud can be!

Bartholomew is NOT A TOY but a **hand-crafted collectible teddy bear,** complete with Certificate of Authenticity. His nose and mouth are hand-stitched, and his denim overalls have double-stitched pockets both front and back. His goldfish is so cleverly crafted that it's hard t believe it's not the real thing! "Bart" is huggable poseable, and downright adorable. Best of all, he's cur rently available at an issue price of only $49.95, s please submit your reservation immediately.

Collectible Artist's Edition
GALLERY TEDDY BEARS

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"What a Catch!"



"What a Catch!" is 9½" seated (14" head to butt). Complete with costuming and accessories shown. Numbered Certificate of Authenticity included. Comes complete with fishing pole, line, and "fish."

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Bringing You Dolls of Irresistible Value

...e's a real little boy who's hooked ...on fishin', now a fine-porcelain collectible doll by Mary Tretter

Affordably priced at
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That's Ashton-Drake value!

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Premiere Edition

This tyke has every reason to be thrilled. When he felt a tug on the line he reeled it in just like Daddy taught him. "What a Catch!" is the first issue in *I'd Rather Be Fishin'*, a collection of fine-porcelain dolls that recall the special times of family togetherness in the great outdoors.

He wears a zippered vest, plaid shirt, work boots, and a hat festooned with flies and hooks—just like Daddy!

"What a Catch!" is only $72.99 (plus shipping). Includes a 365-day money-back guarantee. Order today!

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94881-CC3AS

PLEASE RESPOND BY: JUNE 30, 1997

☐ **"Bartholomew"**
93493-D81201

YES, please reserve "Bartholomew." I will pay in 3 monthly installments of $18.30* (which includes $4.94 postage and handling). I understand that I will be billed for the first installment before my bear is shipped.

☐ **"What a Catch!"**
94881-D81202

YES, please reserve "What a Catch!" I will pay in 4 monthly installments of $19.49* (which includes $4.98 postage and handling), the first installment being billed before shipment.

• SEND NO MONEY NOW • 365-DAY, MONEY-BACK GUARANTEE

X
Signature _____ Date _____

Name (please print clearly) _____ ( ) Telephone _____

Address _____ Apt. No. _____

City _____ State _____ Zip _____

*Illinois residents please add state sales tax. Please allow 8 to 10 weeks for delivery. Prices of products and shipping fees are higher in Canada.

THE ASHTON-DRAKE GALLERIES
9200 N. Maryland Ave., Niles, IL 60714-9853

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Do-It-Yourself Massage

To get all the feel-good benefits of massage, take matters into your own hands. Studies show massage can increase circulation, help heal tiny muscle tears, boost the body's immune system, and reduce stress. Here are some tips from Kate Jordan, chief massage therapist at the La Jolla Clinic of Family and Preventive Medicine in La Jolla, California:

- Go see a professional massage therapist first to help you tailor a program for your body and activities. If you're a runner, for example, you'll need more work from the waist down; if you are a swimmer, from the waist up. For a certified massage therapist in your area, call the National Certification Board for Therapeutic Massage and Bodywork at 800/296-0664.
- Never self-massage to the point of pain. "Massage should feel good," Jordan says. "Always use slow, steady, and rhythmic strokes."
- Massage across the muscle, perpendicular to the direction of the fibers. For example, for hamstring pain, rub across the back of the thighs, not up and down. This technique decreases pain and speeds healing by flattening and aligning torn or disrupted muscle fibers.
- Use acupressure. "Find the place that hurts, press it, and hold for a minute," says Jordan.

Girls + Sports = Stronger Bones

Playing high school sports can do many things for young women, and now it may help them get a running start on preventing osteoporosis later in life.

Researchers at Purdue University found that participation in high school sports increased mineral content of hip bones by about 7 percent and of all bones by 5 percent.

Dorothy Teegarden, Ph.D., an assistant professor of foods and nutrition, studied bone mass development resulting from past physical activity levels in 204 minimally active women age 18 to 31. The women in the study had participated in a variety of weight-bearing sports such as cross-country, track, soccer, and basketball.

Not only can exercise build bone density while women are young (females cannot build bone density after 25 or so), but working out may also help slow the decline in density as women age.

"It seems that if you want to maximize your bone density potential, you need to start at an early age," Teegarden says. "If we can have young women reach maximum bone density while they can, then we might be able to prevent osteoporosis later."

One-fourth of all white women will have osteoporosis in their lifetime, Teegarden says. More than 25 million people already have the disease, in which bone breakdown occurs faster than replacement. As a result, bones become weak and fracture easily.



BASEBALL ALERT

It's rare, but two children die each year after being struck in the chest by a baseball. The most susceptible kids are those between 6 and 9 who weigh under 90 pounds.

Children's ribs are more elastic and less protective than adult ribs. Although it's unclear what exactly causes the heart to stop, doctors think the impact probably disturbs the heart's natural rhythm.

The American College of Sports Medicine, however, says routine use of chest protectors isn't justified based on what's known. But it says catchers at all levels of play should always wear chest protectors and it encourages more research and experimenting with lighter, softer balls.

Between us.

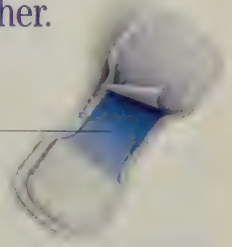
"My little bladder problem is no problem. Exercise is helping me strengthen my bladder muscles. And I've found something better than a plain old maxi." *Maureen, 41.*



Serenity Bladder Protection. Dry. Fresh. Worry free.

Only Serenity has Dry Layer Plus™ to lock wetness inside so you stay dry, and OdaSorb™ to absorb odor so you stay fresh. Serenity is as small and light as a regular maxi, but so much drier, so much fresher.

Dry Layer Plus.
Keeps you drier than any regular maxi.



Worry free *Stayfree*
Serenity



EIL - PPC 1996 PLEASE CONSULT YOUR DOCTOR ABOUT BLADDER PROBLEMS.

Summer Sun Smarts

by Patricia Hattner



Many of us still like to soak up the sun. We yearn for that killer tan, even if it may eventually kill us.

The warnings about skin cancer have hardly been heeded. Yet the incidence is soaring, a trend blamed squarely on exposure to damaging solar rays. About 1 million Americans will be diagnosed with skin cancer this year. Most will have basal cell or squamous cell carcinoma, slow-growing lesions that rarely spread to other organs. Melanoma, the deadly form of skin cancer, is more frightening.

The rate of new melanoma cases is rising faster than any other type of cancer. In 1930, our lifetime odds of developing this virulent tumor were 1 in 1,500. Today, they're 1 in 87. About 38,000 cases of melanoma were reported in this country last year—a 12 percent jump over 1995. The disease killed 7,300 people last year, or approximately one person every hour.

But these statistics don't seem to be alarming us. Thirty percent of parents with children under 13 said their kids experienced a sunburn last summer, according to a recent survey by the American Academy of Dermatology. And 58 percent of people under 25 admitted to actively "working on a tan."

How can something as natural as sunlight, which lifts our spirits, be so

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SUN SENSE

Avoiding sunshine all together is unrealistic and not much fun. No one wants to spend a hard-earned vacation holed up in a hotel room.

But you should try to shield yourself from the strongest sun of the day, between 10 a.m. and 4 p.m. Stay in the shade as much as possible. And wear protective clothing and plenty of sunscreen.



Most people use sunscreen far too sparingly. You need 1 ounce to cover your entire body. So an 8-ounce bottle should last about eight applications.

Strive to apply sunscreen 15 to 30 minutes before stepping outside. Sunscreen should always be reapplied after contact with water or after sweating. Sunscreen also should be worn year round—every time you leave the house.

Choose products with a sun protection factor (SPF) of at least 15. This number corresponds to the degree of blockage. An SPF of 15, for example, allows you to stay in the sun 15 times longer than normal without burning. In theory, an SPF of 30 or 45 should offer far greater protection. But there's considerable debate over whether this is true. The difference is probably marginal, but you will get some additional sun protection, says Henry W. Lim, M.D., a dermatologist at NYU-New York VA Medical Center.

Shop for sunscreen that blocks against UVB and UVA rays, both believed to induce skin cancer. The SPF rating, however, applies only to UVB rays. As a consumer, you can't gauge how much protection a certain brand gives you from UVA rays.

Children 6 months and older should use sunscreen specially formulated for children, with an SPF 15 or higher. Younger babies should always be kept out of direct sunlight, advises Dr. Lim.

There's growing evidence sunscreen protects against basal and squamous cell cancers. But the jury's still out on melanoma. So, play it safe and cover up whenever you can.

Rx ALERT

Some over-the-counter and prescription medications can make you extremely sensitive to sunlight, so that even a short exposure can result in a blistering sunburn. Be sure to step up your sun protection if you are taking one of the following:

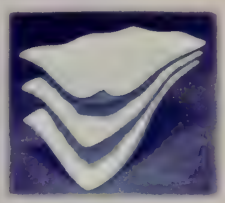
- Tetracycline antibiotics.
- Cotrimoxazole antibiotics.
- Thiazide diuretics.
- Nonsteroidal anti-inflammatory drugs, such as ibuprofen, naproxen, and ketoprofen.

An Allergy Sufferer's Dream

It's the softest. And fragrance-free.



Kleenex® ColdCare™ Ultra Comfort is the softest tissue you can buy. Which means it's not only great for colds, but it's perfect for allergies. Only ColdCare™ has three layers–one plush layer more than any other tissue. So it handles your toughest allergy attack and is softer on your nose. Blow after blow. And ColdCare™ Ultra Comfort is fragrance-free, so it won't irritate. It's a dream come true.



ColdCare™ TISSUES

Because Kleenex® Cares

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Sun Smarts

continued from page 112

deadly? There's strong evidence that tanning today is more dangerous than in the past. Depletion of the earth's ozone layer allows more ultraviolet radiation to filter through. These rays are thought to cause most skin cancers.

Also, during the week, most of us spend little time in the sun. But we make up for it on the weekend. Most researchers believe it's these short, intense exposures that trigger melanoma. In fact, indoor workers are more likely to get the disease than people who make their living working outside.

Marilee Kuhrik of Edwardsville, Illinois, was a prime melanoma candidate. As a registered nurse, she spent long hours inside a hospital and then every summer, she'd head for a tropical resort for a golden tan. With her blond hair and fair complexion, this was especially dangerous. Light-skinned Caucasians have the highest rate of melanoma. Genetics also were working against her. Marilee had a family history of melanoma (it killed an uncle), which increased her risk.

When she was 34, she had a black mole removed from her back and doctors diagnosed melanoma. Marilee knew exactly how deadly

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MOLE PATROL



While it's long been assumed that checking yourself for skin cancer is a good idea, now there's evidence it can save your life. Those who brave the mirror and regularly examine their bodies have a 63 percent reduced risk of dying from melanoma.

Most people should check themselves at least once a season. People at higher risk, including those with numerous moles, should do it every month, says Allan Halpern, M.D., a dermatologist at the University of Pennsylvania Medical Center. If you were born with one or more moles, you are more likely to develop malignant melanoma. So-called "birth moles" increase your risk.

Check your entire body, including out-of-the-way spots, such as behind your ears and between your toes. Use a mirror to view your back and buttocks. Bring new moles, or a change in an existing mole, to your doctor's attention.

"People tend to have a really good sense of what's normal," says Dr. Halpern. "Be suspicious if it looks out of place and doesn't belong there." An easy way to remember what's key in mole changes is if you see any of the ABCD warning signs:

A—Asymmetry. Are two sides of the mole unequal?

B—Border. Is it irregular?

C—Color. Is there a variety of shades?

D—Diameter. Is the mole larger in size than ¼ inch?

But don't rely totally upon sight. A mole that tingles or hurts is also cause for concern. A faint fluttering sensation was Marilee Kuhrik's only clue something was wrong. "It was really very subtle," she says. "Just a slight little itch and tingling sensation that would come and go."

Men, in general, have a poor track record of detecting melanoma on their own bodies. They find it only about half the time. The rest is found by a doctor or a family member. Women, on the other hand, tend to discover their own melanoma two-thirds of the time. Husbands rarely spot the disease on their wives.

And never feel singled out if you have a lot of moles to check. The average number of moles per person is 24.

SUNLESS TANNING



Tanning creams have come a long way since the days when they darkened your skin but left an orange cast. It's now possible to get a realistic sun-kissed look without the damage.

"For most women, they give a very reasonable appearance of a tan," says Allan Halpern, M.D., a Philadelphia-based dermatologist. "It surely beats the alternative of going out and getting that tan."

The active ingredient in most brands is dihydroxyacetone, or DHA. You may need to try different brands to find one right for you. Some products are specially formulated for light, medium, and dark skin.

Remember, the bronzed look is just an illusion. Unlike a real tan, it offers no protection against sunburn.

Someday, though, you may be able to get a real tan without subjecting yourself to ultraviolet light. Researchers at Boston University Medical Center are experimenting with an ointment that stimulates pigment cells, causing skin to darken "naturally."

Fresh, clean, soft skin.

Your husband will love
our bodywash,



even if
he doesn't use it.

The fresh deodorant clean with moisturizer for all your 2000 parts.™

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Sun Smarts

continued from page 114

this cancer can be, since she'd seen hospital patients in the final stages of melanoma. "I was shocked, angry, and frightened," she says. "I pored through medical textbooks trying to get a picture of my prognosis."

If treated early, melanoma is nearly 100 percent curable. Once it spreads, it can quickly kill. Marilee was lucky. She got treatment immediately and has been free of cancer for 14 years.

But this fast-moving tumor is stalking other young victims. Melanoma is the most common malignancy among women age 25 to 29. Only breast cancer strikes more frequently in the 30 to 34 age group.

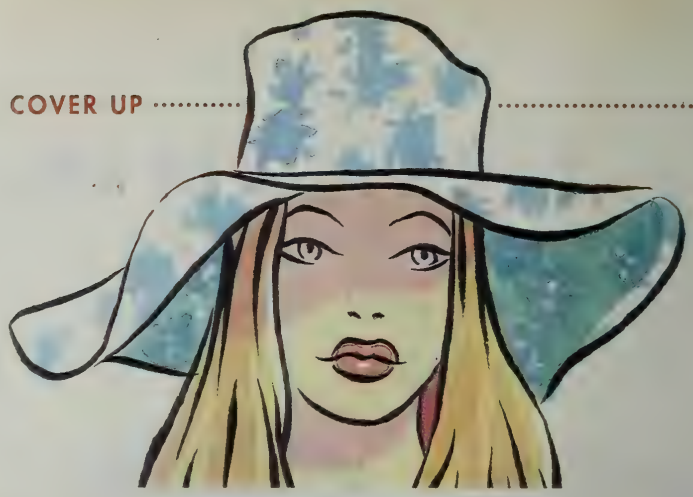
Consequently, sunshine is now viewed in a sinister light by researchers such as Howard K. Koh, M.D., MPH, director of the Cancer Prevention and Control Center at Boston University Medical Center. "Skin cancer is a preventable illness, and sunlight is inducing cancers that can be prevented," he says.

Convincing sun worshippers to give up summer tans isn't easy, however. But, Dr. Koh believes that baking in the sun will eventually become politically incorrect in the United States, much like it has in Australia. Sunbathing is no longer a favorite pastime for many Australians. Their country has the highest incidence of skin cancer in the world.

To increase skin cancer awareness, the country adopted a national slogan called "Slip, Slop, Slap." It means slip on a shirt, slop on sunscreen, and slap on a hat.

Will Americans ever take the warnings to heart? Dr. Koh thinks so. He optimistically points to the famous ad for Coppertone suntan lotion. It used to feature a dog tugging at a little girl's bathing suit, exposing an obvious tan line. In the new version, the girl is wearing a shirt, sunglasses, a hat, and is holding a bottle of sunscreen.

COVER UP



In 1983, there was no reason for Shaun Hughes to think he had a serious medical problem. He was only 26 and he just had a complete physical, which showed him to be in good health.

Then, a friend noticed an ugly mole on his back, and urged him to see a dermatologist. Shaun reluctantly took her advice. The mole was harmless, but another spot on his shoulder was malignant. Urgent surgery saved his life.

Shaun has since created Solumbra, a line of clothing and accessories with a built-in SPF of 30. A regular cotton T-shirt has an SPF of about 7, and even less when wet.

Many, but not all, of Shaun's customers are skin cancer patients. Manhattan attorney Ellen Friedenberg, 40, hasn't had the disease, but knows her red hair and fair skin mean she must be careful. She wore a Solumbra hat and shirt on a recent camping trip to Montana. "I liked it because I could cover up, but still have ventilation," she says. "I didn't have to stop and put sunscreen on every five minutes."

Solumbra, made by Sun Precautions in Everett, Washington, is a line of clothing designed to block UV rays. It's the only company cleared by the Food and Drug Administration to make that claim. The products are stylish but pricey. A casual button-down shirt, for example, sells for $80.

Experts think this extra protection is particularly helpful for some people. "It may be especially appropriate for those at high risk," says Dr. Koh, adding that regular clothing is enough for most people. Choose garments with a tight weave. For added coverage, always wear sunscreen beneath your clothes.

SUNGLASSES



You've lathered yourself with sunscreen from head to toe, and covered most of your body with a tight-weave fabric. But don't go anywhere without your sunglasses.

Overexposure to ultraviolet rays can cause cataracts and other vision problems. Some medical researchers believe there's a link between sun exposure and melanoma of the surface of the eye. The upper and lower eyelids are common sites for all types of skin cancer.

Look for a pair of sunglasses that carry the Skin Cancer Foundation's Seal of Recommendation. This ensures that the lenses block at least 99 percent of UV rays.

Wraparound glasses that have the foundation's seal offer the best protection. They're definitely recommended for prolonged stays outdoors, as well as at the beach or on the slopes, says Rene S. Rodriguez-Sains, M.D., an ophthalmic plastic surgeon at the Manhattan Eye, Ear and Throat Hospital.

A wide hat also helps to shield your eyes. To be most effective, the hat's brim should be at least 3 inches wide.

continued on page 119



BREAK FREE FROM YOUR RUNNY NOSE.

Ask your doctor about an exciting advancement for treating runny noses, ATROVENT® Nasal Spray. NOT A STEROID It's the first in a unique class of nasal sprays that actually stop runny noses where they start. NOT AN ANTIHISTAMINE ATROVENT Nasal Spray's special inhibitors provide effective relief without insomnia WON'T KEEP YOU AWAKE or drowsiness. WON'T PUT YOU TO SLEEP And it can be safely used by children 12 years and older. ATROVENT Nasal Spray is available exclusively by prescription. Only your doctor knows if it's right for treating your runny nose. Though most ATROVENT Nasal Spray users experience trouble-free relief, nasal dryness (approximately 1 in 20 patients) and mild nose bleeds (approximately 1 in 10 patients) are potential side effects.* So ask your doctor about ATROVENT Nasal Spray, or call toll-free **1·888·ATROVENT** for a free brochure and money-saving coupon.

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NASAL SPRAY
(ipratropium bromide)

ee following page for additional
mportant information.

STOP YOUR RUNNY NOSE WITH ATROVENT® NASAL SPRAY

(ipratropium bromide)

Atrovent®
(ipratropium bromide) Nasal Spray 0.03%

For allergic and nonallergic perennial rhinitis

Brief Summary of Prescribing Information

INDICATIONS AND USAGE ATROVENT® (ipratropium bromide) Nasal Spray 0.03% is indicated for the symptomatic relief of rhinorrhea associated with allergic and nonallergic perennial rhinitis in adults and children age 12 years and older. ATROVENT Nasal Spray 0.03% does not relieve nasal congestion, sneezing or postnasal drip associated with allergic or nonallergic perennial rhinitis.

CONTRAINDICATIONS ATROVENT® (ipratropium bromide) Nasal Spray 0.03% is contraindicated in patients with a history of hypersensitivity to atropine or its derivatives, or to any of the other ingredients.

WARNINGS Immediate hypersensitivity reactions may occur after administration of ipratropium bromide, as demonstrated by rare cases of urticaria, angioedema, rash, bronchospasm and oropharyngeal edema.

PRECAUTIONS General ATROVENT® (ipratropium bromide) Nasal Spray 0.03% should be used with caution in patients with narrow-angle glaucoma, prostatic hypertrophy or bladder neck obstruction, particularly if they are receiving an anticholinergic by another route. Cases of precipitation or worsening of narrow-angle glaucoma and acute eye pain have been reported with direct eye contact of ipratropium bromide administered by oral inhalation.

Information for Patients Patients should be advised that temporary blurring of vision, precipitation or worsening of narrow-angle glaucoma or eye pain may result if ATROVENT Nasal Spray 0.03% comes into direct contact with the eyes. Patients should be instructed to avoid spraying ATROVENT Nasal Spray 0.03% in or around their eyes. Patients who experience eye pain, blurred vision, excessive nasal dryness or episodes of nasal bleeding should be instructed to contact their doctor. Patients should be reminded to carefully read and follow the accompanying PATIENT'S INSTRUCTIONS FOR USE.

Drug Interactions No controlled clinical trials were conducted to investigate drug-drug interactions. ATROVENT Nasal Spray 0.03% is minimally absorbed into the systemic circulation; nonetheless, there is some potential for an additive interaction with other concomitantly administered anticholinergic medications, including ATROVENT for oral inhalation.

Carcinogenesis, Mutagenesis, Impairment of Fertility Two-year oral carcinogenicity studies in rats and mice have revealed no carcinogenic activity at doses up to 6 mg/kg/day. This dose corresponds, in rats and mice respectively, to about 200 and 100 times the maximum recommended human daily dose (MRHD) on a mg/m² basis of ATROVENT Nasal Spray 0.03%. Results of various mutagenicity studies (Ames test, mouse dominant lethal test, mouse micronucleus test and chromosome aberration of bone marrow in Chinese hamsters) were negative.

Fertility of male or female rats at oral doses up to 50 mg/kg/day (about 1,660 times the MRHD on a mg/m² basis) was unaffected by ipratropium bromide administration. At doses above 90 mg/kg/day (about 3,000 times the MRHD on a mg/m² basis), a decreased conception rate was observed

Pregnancy *TERATOGENIC EFFECTS Pregnancy Category B.* Oral reproduction studies were performed at doses of 10 mg/kg/day in mice, 100 mg/kg/day in rats and 125 mg/kg/day in rabbits. These doses correspond, in each species respectively, to about 160, 3,000 and 8,000 times the MRHD of ATROVENT Nasal Spray 0.03% in perennial rhinitis (252 mcg/day) on a mg/m² basis. Inhalation reproduction studies in rats and rabbits at doses of 1.5 and 1.8 mg/kg/day (about 50 and 120 times the MRHD on a mg/m² basis for each species, respectively) have demonstrated no evidence of teratogenic effects as a result of ipratropium bromide. At oral doses above 90 mg/kg/day in rats (about 3000 times the MRHD on a mg/m² basis) embryotoxicity was observed as increased resorption. This effect is not considered relevant to human use due to the large doses at which it was observed and the difference in route of administration. However, no adequate or well controlled studies have been conducted in pregnant women. Because animal reproduction studies are not always predictive of human response, ATROVENT Nasal Spray 0.03% should be used during pregnancy only if clearly needed.

Nursing Mothers It is known that some ipratropium bromide is systemically absorbed following nasal administration; however the portion which may be excreted in human milk is unknown. Although lipid-insoluble quaternary bases pass into breast milk, the minimal systemic absorption makes it unlikely that ipratropium bromide would reach the infant in an amount sufficient to cause a clinical effect. However, because many drugs are excreted in human milk, caution should be exercised when ATROVENT Nasal Spray 0.03% is administered to a nursing woman

Pediatric Use Safety and effectiveness of ATROVENT Nasal Spray 0.03% in patients below the age of 12 years have not been established.

ADVERSE REACTIONS Adverse reaction information on ATROVENT® (ipratropium bromide) Nasal Spray 0.03% in patients with perennial rhinitis was derived from four multicenter, vehicle-controlled clinical trials involving 703 patients (356 patients on ATROVENT and 347 patients on vehicle), and a 1-year, open-label, follow-up trial. In three of the trials, patients received ATROVENT Nasal Spray 0.03% three times daily, for 8 weeks. In the other trial, ATROVENT Nasal Spray 0.03% was given to patients two times daily for 4 weeks. Of the 285 patients who entered the open-label, follow-up trial, 232 were treated for 3 months, 200 for 6 months, and 159 up to 1 year. The majority (>86%) of patients treated for 1 year were maintained on 42 mcg per nostril, two or three times daily, of ATROVENT (ipratropium bromide) Nasal Spray 0.03%.

The following table shows adverse events, and the frequency that these adverse events led to the discontinuation of treatment, reported for patients who received ATROVENT Nasal Spray 0.03% at the recommended dose of 42 mcg per nostril, or vehicle two or three times daily for 4 or 8 weeks. Only adverse events reported with an incidence of at least 2.0% in the ATROVENT group and higher in the ATROVENT group than in the vehicle group are shown.

	% of Patients Reporting Events[1]			
	ATROVENT Nasal Spray 0.03% (n=356)		Vehicle Control (n=347)	
	Incidence%	Discontinued%	Incidence%	Discontinued %
Headache	9.8	0.6	9.2	0
Upper respiratory tract infection	9.8	1.4	7.2	1.4
Epistaxis[2]	9.0	0.3	4.6	0.3
Rhinitis*				
Nasal dryness	5.1	0	0.9	0.3
Nasal irritation[2]	2.0	0	1.7	0.6
Other nasal symptoms[3]	3.1	1.1	1.7	0.3
Pharyngitis	8.1	0.3	4.6	0
Nausea	2.2	0.3	0.9	0

[1] Epistaxis reported by 7.0% of ATROVENT patients and 2.3% of vehicle patients, blood-tinged mucus by 2.0% of ATROVENT patients and 2.3% of vehicle patients.

[2] Nasal irritation includes reports of nasal itching, nasal burning, nasal irritation and ulcerative rhinitis.

[3] Other nasal symptoms include reports of nasal congestion, increased rhinorrhea, increased rhinitis, posterior nasal drip, sneezing, nasal polyps and nasal edema

[†] This table includes adverse events which occurred at an incidence rate of at least 2.0% in the ATROVENT group and more frequently in the ATROVENT group than in the vehicle group.

* All events are listed by their WHO term; rhinitis has been presented by descriptive terms for clarification.

ATROVENT Nasal Spray 0.03% was well tolerated by most patients. The most frequently reported nasal adverse events were transient episodes of nasal dryness or epistaxis. These adverse events were mild or moderate in nature, none was considered serious, none resulted in hospitalization and most resolved spontaneously or following a dose reduction. Treatment for nasal dryness and epistaxis was required infrequently (2% or less) and consisted of local application of pressure or a moisturizing agent (e.g., petroleum jelly or saline nasal spray). Patient discontinuation for epistaxis or nasal dryness was infrequent in both the controlled (0.3% or less) and 1-year, open-label (2% or less) trials. There was no evidence of nasal rebound (i.e., a clinically significant increase in rhinorrhea, posterior nasal drip, sneezing or nasal congestion severity compared to baseline) upon discontinuation of double-blind therapy in these trials.

Adverse events reported by less than 2% of the patients receiving ATROVENT Nasal Spray 0.03% during [illegible] trials or during the open-label follow-up trial, which are potentially related to the local or [illegible] effects of Atrovent include: dry mouth/throat, dizziness, ocular irritation, blurred vision, conjunctivitis, [illegible] perversion. Additional anticholinergic effects noted with other ATROVENT dosage forms (ATROVENT® Inhalation Aerosol, and ATROVENT® Nasal Spray 0.06%) include: precipitation or worsening, urinary retention, prostatic disorders, tachycardia, constipation, and bowel obstruction.

There w[illegible] of skin rash in both the controlled and uncontrolled clinical studies. Other allergic-type reactions [illegible]at, tongue, lips and face, urticaria, laryngospasm and anaphylactic reactions have been reported [illegible]ide products.

[illegible]d to address the relative incidence of adverse events of BID versus TID therapy.

High[illegible] [illegible]ratropium bromide) Nasal Spray 0.03% is supplied as 30 ml of solution in a high density polyethylene [illegible]d with a metered nasal spray pump, a safety clip to prevent accidental discharge of the spray, and a clear plastic dust cap. The 30 ml bottle of ATROVENT Nasal Spray is designed to deliver 165 sprays of 0.07 ml each (21 mcg ipratropium bromide), or 28 days of therapy at the maximum recommended dose (42 mcg per nostril three times a day).

Store tightly closed between 59°F (15°C) and 86°F (30°C). Avoid freezing. Keep out of reach of children. Avoid [illegible]ing.

AN.03-BS-10/95

Atrovent®
(ipratropium bromide) Nasal Spray 0.06%

For the comm[illegible]

Brief Summary of Prescribing Information

INDICATIONS AND USAGE ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is indicated for the symptomatic [illegible] rhinorrhea associated with the common cold for adults and children age 12 years and older. ATROVENT Nasal Spray [illegible] does not relieve nasal congestion or sneezing associated with the common cold.

The safety and effectiveness of the use of ATROVENT Nasal Spray 0.06% beyond four days in patients w[illegible] common cold has not been established.

CONTRAINDICATIONS ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is contraindicated in patients with a hi[illegible] hypersensitivity to atropine or its derivatives, or to any of the other ingredients.

WARNINGS Immediate hypersensitivity reactions may occur after administration of ipratropium bromi[illegible] demonstrated by rare cases of urticaria, angioedema, rash, bronchospasm and oropharyngeal edema.

PRECAUTIONS General ATROVENT® (ipratropium bromide) Nasal Spray 0.06% should be used with [illegible] in patients with narrow-angle glaucoma, prostatic hypertrophy or bladder neck obstruction, particularly if they are recei[illegible] anticholinergic by another route. Cases of precipitation or worsening of narrow-angle glaucoma and acute eye pain ha[illegible] reported with direct eye contact of ipratropium bromide administered by oral inhalation.

Information for Patients Patients should be advised that temporary blurring of vision, precipitation or worsening of [illegible] angle glaucoma or eye pain may result if ATROVENT Nasal Spray 0.06% comes into direct contact with the eyes. Patients [illegible] be instructed to avoid spraying ATROVENT Nasal Spray 0.06% in or around the eyes. Patients who experience eye pain, [illegible] vision, excessive nasal dryness or episodes of nasal bleeding should be instructed to contact their doctor. Patients sh[illegible] reminded to carefully read and follow the accompanying PATIENT'S INSTRUCTIONS FOR USE.

Drug Interactions No controlled clinical trials were conducted to investigate potential drug-drug intera[illegible] ATROVENT Nasal Spray 0.06% is minimally absorbed into the systemic circulation; nonetheless, there is [illegible] potential for an additive interaction with other concomitantly administered anticholinergic medications, in[illegible] ATROVENT for oral inhalation.

Carcinogenesis, Mutagenesis, Impairment of Fertility Two-year oral carcinogenicity studies in rats and mice have r[illegible] no carcinogenic activity at doses up to 6 mg/kg/day. This dose corresponds, in rats and mice respectively, to about 70[illegible] times the maximum recommended human daily dose (MRHD) on a mg/m² basis of ATROVENT Nasal Spray 0.06%. Re[illegible] various mutagenicity studies (Ames test, mouse dominant lethal test, mouse micronucleus test and chromosome abe[illegible] of bone marrow in Chinese hamsters) were negative.

Fertility of male or female rats at oral doses up to 50 mg/kg/day (about 600 times the MRHD on a mg/m² basis) was u[illegible] ed by ipratropium bromide administration. At doses above 90 mg/kg/day (about 1,000 times the MRHD on a mg/m² b[illegible] decreased conception rate was observed.

Pregnancy *TERATOGENIC EFFECTS Pregnancy Category B.* Oral reproduction studies were performed at doses of 10 mg[illegible] in mice, 100 mg/kg/day in rats and 125 mg/kg/day in rabbits. These doses correspond, in each species respectively, t[illegible] 60, 1,200, and 3,000 times the MRHD of ATROVENT Nasal Spray 0.06% in the common cold (672 mcg/day) on a mg/m[illegible] Inhalation reproduction studies in rats and rabbits at doses of 1.5 and 1.8 mg/kg/day (about 20 and 40 times the MRH[illegible] on a mg/m² basis for each species, respectively) have demonstrated no evidence of teratogenic effects as a result of ipr[illegible] um bromide. At oral doses above 90 mg/kg/day in rats (about 1,000 times the MRHD on a mg/m² basis) embryotoxic[illegible] observed as increased resorption. This effect is not considered relevant to human use due to the large doses at which [illegible] observed and the difference in route of administration. However, no adequate or well controlled studies have been con[illegible] in pregnant women. Because animal reproduction studies are not always predictive of human response, ATROVENT Nasa[illegible] 0.06% should be used during pregnancy only if clearly needed.

Nursing Mothers It is known that some ipratropium bromide is systemically absorbed following nasal administration; h[illegible] er the portion which may be excreted in human milk is unknown. Although lipid-insoluble quaternary bases pass into [illegible] milk, the minimal systemic absorption makes it unlikely that ipratropium bromide would reach the infant in an amoun[illegible] cient to cause a clinical effect. However, because many drugs are excreted in human milk, caution should be exercise[illegible] ATROVENT Nasal Spray 0.06% is administered to a nursing woman.

Pediatric Use Safety and effectiveness of ATROVENT Nasal Spray 0.06% in patients below the age of 12 years ha[illegible] been established.

ADVERSE REACTIONS Adverse reaction information on ATROVENT® (ipratropium bromide) Nasal Spray 0.06% in patien[illegible] the common cold was derived from two multicenter, vehicle-controlled clinical trials involving 1276 patients (195 patie[illegible] ATROVENT Nasal Spray 0.03%, 352 patients on ATROVENT Nasal Spray 0.06%, 189 patients on ATROVENT Nasal Spray [illegible] 351 patients on vehicle and 189 patients receiving no treatment).

The following table shows adverse events reported for patients who received ATROVENT Nasal Spray 0.06% at the r[illegible] mended dose of 84 mcg per nostril, or vehicle, administered three or four times daily, where the incidence is 1% or gre[illegible] the ATROVENT group and higher in the ATROVENT group than in the vehicle group.

	% of Patients Reporting Events[1]	
	ATROVENT Nasal Spray 0.06% (n=352)	Vehicle Control (n=351)
Epistaxis[2]	8.2%	2.3%
Dry Mouth/Throat	1.4%	0.3%
Nasal Congestion	1.1%	0.0%
Nasal Dryness	4.8%	2.8%

[1] This table includes adverse events for which the incidence was 1% or greater in the ATROVENT group and higher [illegible] ATROVENT group than in the vehicle group.

[2] Epistaxis reported by 5.4% of ATROVENT patients and 1.4% of vehicle patients, blood-tinged nasal mucus by 2.8% of [illegible] VENT patients and 0.9% of vehicle patients.

ATROVENT Nasal Spray 0.06% was well tolerated by most patients. The most frequently reported adverse events wer[illegible] sient episodes of nasal dryness or epistaxis. The majority of these adverse events (96%) were mild or moderate in nature [illegible] was considered serious, and none resulted in hospitalization. No patient required treatment for nasal dryness, and only [illegible] patients (<1%) required treatment for epistaxis, which consisted of local application of pressure or a moisturizing agent [illegible] petroleum jelly). No patient receiving ATROVENT Nasal Spray 0.06% was discontinued from the trial due to either nas[illegible] ness or bleeding.

Adverse events reported by less than 1% of the patients receiving ATROVENT Nasal Spray 0.06% durin[illegible] controlled clinical trials which are potentially related to the local or systemic anticholinergic effects of Atrovent include [illegible] perversion, nasal burning, conjunctivitis, coughing, dizziness, hoarseness, palpitation, pharyngitis, tachycardia, thirst, ti[illegible] and blurred vision. Additional anticholinergic effects noted with other ATROVENT dosage forms (ATROVENT® Inhalation So[illegible] ATROVENT® Inhalation Aerosol and ATROVENT® Nasal Spray 0.03%) include: precipitation or worsening of narrow-angle[illegible] coma, urinary retention, prostate disorders, constipation and bowel obstruction.

There were no reports of allergic-type reactions in the controlled clinical trials. Allergic-type reactions su[illegible] skin rash, angioedema of the tongue, lips and face, urticaria, laryngospasm and anaphylactic reactions have been reporte[illegible] other ipratropium bromide products.

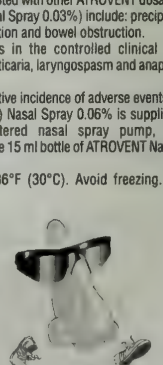
No controlled trial was conducted to address the relative incidence of adverse events for TID versus QID therapy.

HOW SUPPLIED ATROVENT® (ipratropium bromide) Nasal Spray 0.06% is supplied as 15 ml of solution in a high d[illegible] polyethylene (HDPE) bottle fitted with a metered nasal spray pump, a safety clip to prevent accid[illegible] discharge of the spray, and a clear plastic dust cap. The 15 ml bottle of ATROVENT Nasal Spray is designed to deliver 165 s[illegible] of 0.07 ml each (42 mcg ipratropium bromide).

Store tightly closed between 59°F (15°C) and 86°F (30°C). Avoid freezing. Keep out of reach of children. [illegible] spraying in or around the eyes.

Consult package insert before prescribing.

AN.06-BS-



Boehringer Ingelheim

Boehringer Ingelheim Pharmaceuticals, Inc.
Ridgefield, CT 06877

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AN-[illegible]

Sun Smarts *continued from page 116*



Test Your Sun Savvy

Most Americans remain in the dark about the true dangers of sunlight. Only 34 percent can correctly define the term melanoma. Another 20 percent know it's some type of cancer. But 42 percent don't have a clue, according to one study.

Challenge your knowledge of the bright, yellow orb by answering true or false to the following:

1. You can totally avoid skin cancer by staying out of the sun.
False. Sun exposure is to blame for most skin cancers, but not all. The disease can grow on parts of the body generally hidden from light. So be alert to suspicious changes, even if you spend little time outdoors.

2. People burn faster in water.
True. Water reflects sunlight, resulting in extra exposure to your head, shoulders, and other body parts that remain above the surface. Sunlight also bounces off snow and sand. So be sure to slop on some sunscreen before heading to the beach or hitting the slopes.

3. If you have olive or dark skin, you don't have to worry about getting skin cancer.
False. While skin cancer is rare among dark-skinned people, it is not unheard of. Some researchers also fear the thinning ozone layer increases the danger for everyone.

4. People with brown eyes and people with blue eyes are equally at risk for sun-induced vision problems.
True. Ultraviolet rays can damage all eyes, regardless of their color.

5. You don't need sunscreen if you remain in the shade.
False. Some UV radiation will still reach you.

6. Basal cell and squamous cell cancer aren't serious.
False. It's true these cancers are almost always curable, especially if diagnosed early. But they still kill about 1,200 Americans each year. Also, treatment for advanced disease can be disfiguring.

7. Melanoma can occur anywhere on your body.
True. A melanoma can develop on any part of your body, even places that aren't exposed to the sun, such as the soles of your feet.

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Developed with a leading Gynecologist.

Cool Tips for Hot Weather



by Jeanne Ambrose

It's summertime and the bugs are multiplying. We're not talking about mosquitoes and blackflies, either. We're talking about those critters that sometimes contaminate meat, poultry, seafood, eggs, fresh fruits, and vegetables.

Disease-causing bacteria grow rapidly on warm food. That's why the incidence of foodborne illnesses increases with the temperature. Children, the elderly, pregnant women, and people with chronic health problems are especially susceptible to bacterial infections. You can help reduce your family's risks by taking some simple precautions.

Watch those temperatures. The bugs that cause food poisoning thrive at temperatures between 40 degrees and 140 degrees—the danger zone. Don't leave prepared food in that danger zone more than two hours. Those same foods are safe for only one hour if the temperature rises above 90 degrees, indoors or out. If you're having a family picnic, be sure to keep cold foods cold. Tote salads, dairy products, meat for the grill, and other perishable foods in an ice-filled cooler. The rules hold true for prepared food served indoors, too. Unless the food is kept cold (40 degrees or below) or hot (at least 140 degrees), bacteria will not hesitate to spread out and multiply. Discard all perishable food left at room temperature more than two hours or at temperatures greater than 90 degrees more than one hour. Remember: When in doubt, throw it out.

You've heard this one before, too, but we'll say it again: Don't eat rare meat. Aim for a happy medium. A meat thermometer can help you figure out when your meat, fish, or poultry reaches the temperature necessary to kill those bugs that can cause food poisoning.

Poultry should be cooked to 180°. Red meat, ground meat, and ground poultry should be cooked to an internal temperature of 160°. The juices of properly cooked ground meat and ground poultry run clear and no pink remains. Check the temperature by inserting the

continued on page 122

PICNIC PLANNING

- When you're traveling and toting cold food, be sure to carry it in an insulated cooler. Wait until just before leaving home to pack your cooler and make sure you have plenty of ice or ice packs to surround your perishable foods.
- Take two coolers: one for drinks, the other for perishable foods. That way warm air won't get into the perishables each time someone reaches for a drink.
- Once at the picnic site, keep the tightly closed coolers in a shady spot and not in the trunk of the car. Add ice often to the cooler, draining off the water as the ice melts.
- Wash hands before and after handling food. Soap and hot water are ideal, but bring along a jug of water and paper towels, just in case there are none available at the picnic site. Disposable moist towelettes are an easy-to-carry option, too.



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Cool Tips

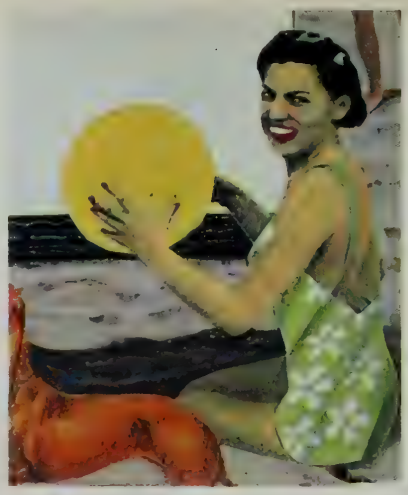
continued from page 120

thermometer in the thickest part of meat or poultry, away from bone, if there is one.

Remember the thaw law. Never defrost food at room temperature because bacteria can grow on the outer layer of food before the inside thaws. Thaw frozen food in the refrigerator or wrap the food in a sealed plastic bag and place it in a large bowl of ice water. Change the water every 30 minutes until the food is thawed. Cook immediately. Never marinate food at room temperature, either. Seal the marinade and the food in a plastic bag and be sure to keep it in the refrigerator until you're ready to cook it.

The egg and I. Like rare meat, raw eggs are out, too, because they may be contaminated with bacteria. Get rid of that recipe for homemade ice cream if it contains raw eggs, unless you cook the egg mixture before freezing it. If you're making a Caesar salad, eliminate the coddled egg or use pasteurized eggs in the dressing. Same goes for homemade mayonnaise, or any recipe that calls for raw eggs. You'll find refrigerated and frozen pasteurized egg substitutes at most grocery stores. In many recipes you can replace one large egg with ¼ cup of egg substitute. An added bonus to egg substitutes: They're virtually cholesterol-free because they're typically made with an egg white base.

Watch that catch. Properly cooked fish is opaque and flakes easily with a fork. The juices should be milky white. When grilling fish fillets, steaks, or kabobs, plan on cooking seafood to 160°, which takes about four to six minutes per ½-inch thickness of fish. Although raw seafood and shellfish are considered treats by some, they can cause serious illness. Some raw oysters, for example, contain a bacteria that can cause flulike symptoms or even death, especially in those with chronic health problems such as liver disease, cancer, or diabetes, or people who are HIV-positive. "They should not be eating raw seafood of any type, particularly oysters and clams," says Mark Tamplin, Ph.D., food safety specialist at the University of Florida. Fully cooking oysters to 160° kills the bacteria. Children, pregnant women, and the elderly also should heed that advice.



Following a few food safety precautions should keep you and your family from being bugged by those critters that sometimes spoil the picnic.

Keep it clean. Bacteria are great hitchhikers, says Robert B. Gravani, Ph.D., professor of food science at Cornell University in New York. Bacteria are transferred to food from hands, utensils, cutting boards, and countertops. You can reduce the risk of contamination simply by thoroughly washing your hands and the utensils and surfaces you are using. Just 20 seconds worth of washing hands in hot, soapy water can prevent the transfer of potentially sickening bugs to your food.

Fruits and vegetables. Now's the time to pick fresh fruits and vegetables, whether they're from the fields or the market. However, be cautious of buying cut produce, such as a melon, that has been left in that dangerous temperature zone (40 degrees to 140 degrees). Bacteria from hands and knives can easily be transferred to the cut fruit and vegetables. At warm temperatures, the bacteria can multiply and cause foodborne illness.

When buying fruits and vegetables, be sure they are free of mold, bruises, and cuts. Rinse fruits and vegetables in cold water and, if needed, scrub with a vegetable brush.

The hepatitis A virus, which tainted some frozen strawberries this spring, is not destroyed by washing, freezing, or cooking, however. Such contamination is rare, says Judith Foulke, U.S. Food and Drug Administration spokesperson, and government agencies work together to get the tainted products off the market as quickly as possible. The hepatitis A virus typically is transmitted through contaminated feces.

MORE INFORMATION

For more information about food safety:

- U.S. Department of Agriculture's Meat and Poultry Hotline: 800/535-4555.
- U.S. Food and Drug Administration Center for Food Safety and Applied Nutrition Hotline: 800/[illegible] 4010.
- For a free booklet called *Chef Cook-Smart's™ Guide to Safe Food Preparation and Handling* from the Industry Council on Food Safety, call 800/COOK-SMART (800/266-5762).
- On the Internet, check out the National Food Safety Database at http://www.foodsafety.org
- *The Food Keeper*, a consumer guide to food safety, is available for 75 cents from the Food Marketing Institute. It provides food storage information and safe handling tips. Send a request for *The Food Keeper* along with a self-addressed, stamped legal-size envelope to Publication Sales, Food Marketing Institute, 800 Connecticut Ave NW, Washington, DC 20006.

When you lose weight do your bones get skinnier?



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CALCIUM



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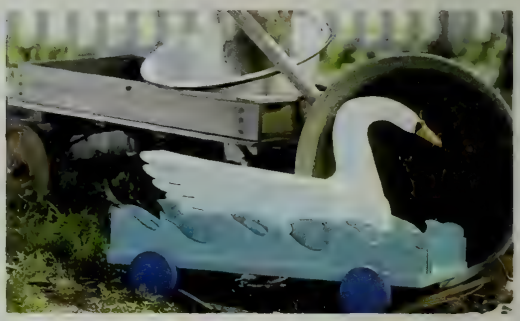
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Whirligigs and Whimsies



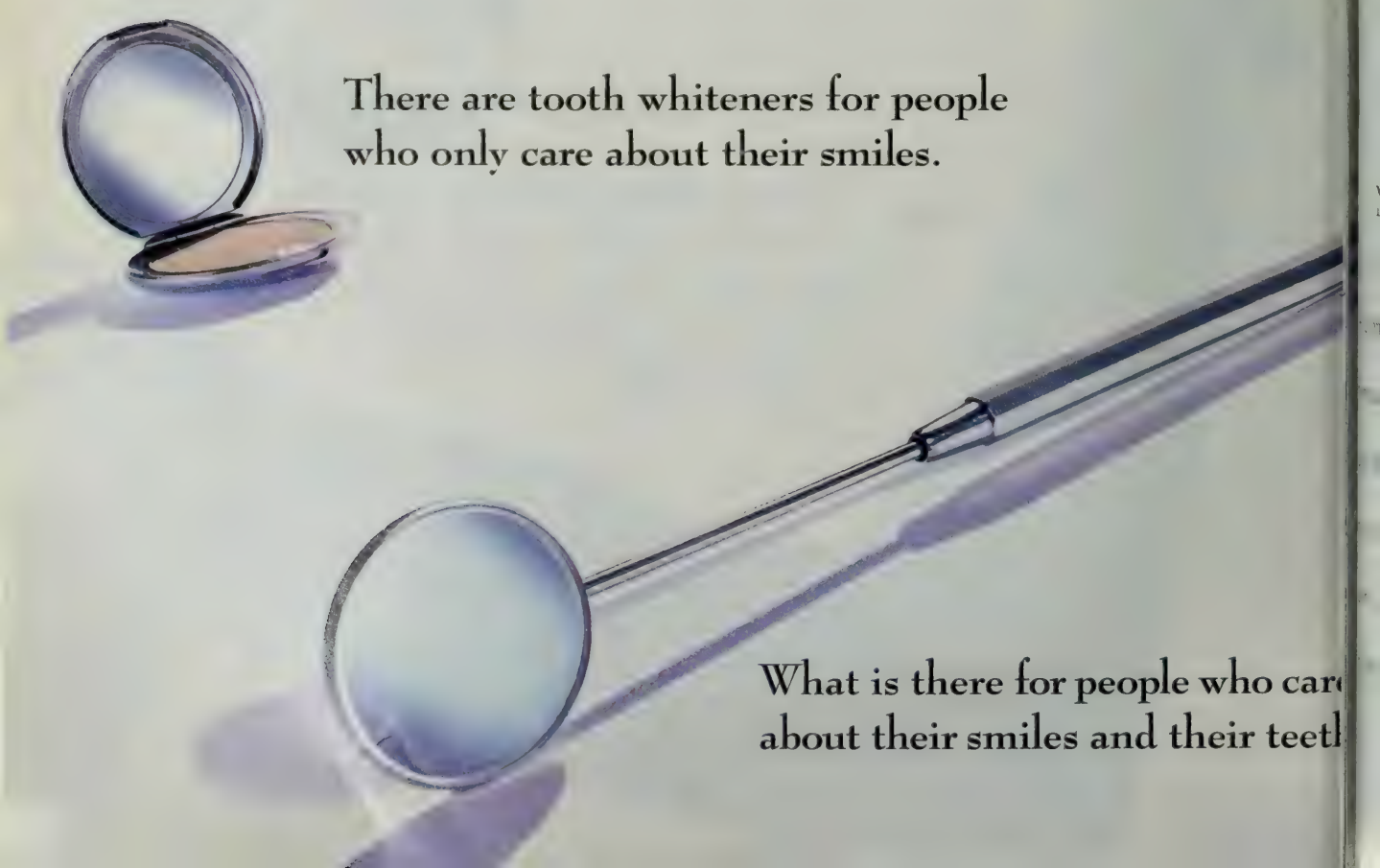
Swan-in-a-Pond *(24×12 inches)*

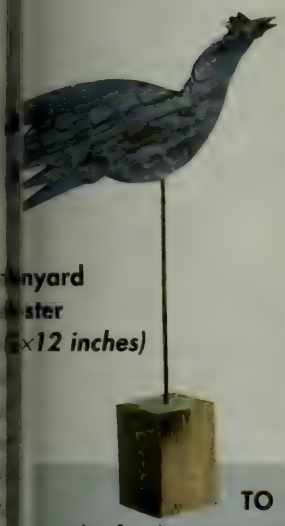


Fighting Cats *(14×18 inches)*

Create these enchanting folk art yard ornaments from our **Whirligigs and Whimsies Project Plan.** Make them all in a weekend or two with scraps of plywood and pine and a dose of imagination. The Fighting Cats swing at each other whenever the wind blows; the Swan-In-A-Pond is fashioned from five layers of plywood; the Barnyard Rooster is cut from a weathered barn board; the Racing Stallion features a stylish curled aluminum mane; and the Bloomin' Tulips wiggle and wave in the wind on sturdy wire stems.

This professional-quality woodworkers' blueprint from *Better Homes and Gardens*® magazine includes photographs of each design, a complete list of materials to get you started, *full-size patterns for all five figures,* and clearly written instructions to take you step-by-step through the project. ⌂



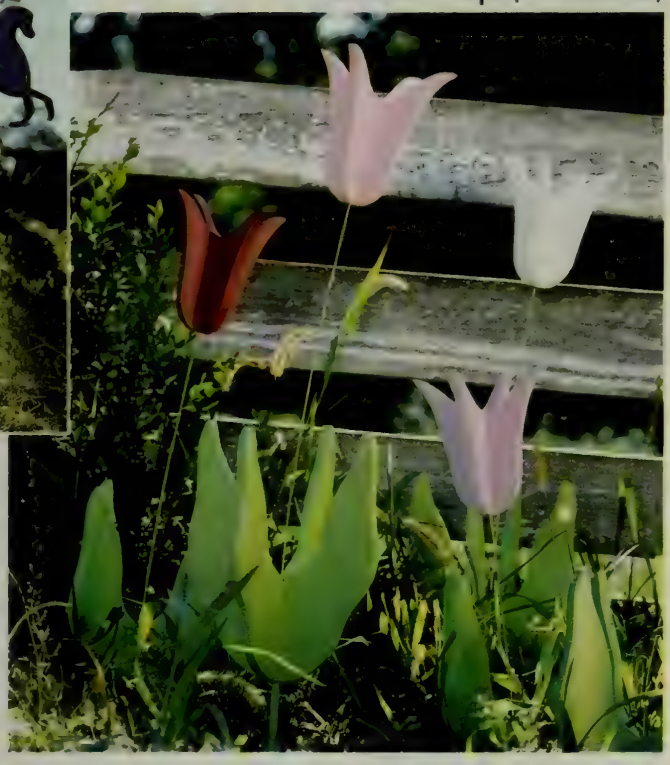


nyard
ster
×12 inches)



Racing Stallions
(24×16 inches)

Bloomin' Tulips *(7 inches tall)*



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by Steve Cooper

friendly face-lifts

Perk up your palace with a face-lift if years of wear and tear leave it drooping and downcast. That's what Peggy and Bill Jagger did to their Atlanta, Georgia, bungalow by adding a wraparound porch. It's one of three exterior makeovers in the pages ahead.

For Peggy, a self-described "porch person," the original design was too glum. The house had only a covered stoop barely front-door width. A new porch cheers things up, echoing Arts and Crafts style with its chunky columns, boxy trim, and sprightly paint job.

continued on page 128 *Buying information, page 80*

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Friendly Face-Lifts

continued from page 126



PHOTOGRAPHS: EMILY JENKINS, DESIGNER/BUILDER; CARL STEVENS, PHOTOGRAPHER

The new roofline (*above*) blends the porch roof with the roof covering the home's main living areas so the entire structure seems unified. When the home was first built in 1955 (*right*) the porch roof had a very shallow pitch.

A face-lift should add character so a wallflower becomes the belle of the ball. This was the case with the Atlanta, Georgia, home of Marty and David Banks.

The house was designed as a low-slung, one-bedroom bungalow. But the Bankses wanted more space and felt the homely home needed more street appeal. Working with a design/builder, they raised the roof. An unfinished attic with 7-foot ceilings became a master bedroom suite with a well-appointed bathroom, sitting room, and home office. The ceiling is now 10 feet.

The home's redesign was punctuated with three dormers that draw light into the new rooms. Positioning the dormers as a trio gives them a sense of balance, and they are thin and tall to accent the newly gained stature of the house.

The original facade hasn't been changed much, although the porch's roof was slightly altered because the Bankses wanted to maintain the home's style. It's still a modest-looking Cape Cod that fits in well with the neighborhood.

continued on page 130

lizia di Carciofi Ripieni

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Bertolli Delizia di Carciofi Ripieni

4 globe artichokes
Juice of 1 lemon
2 links Italian sweet sausage, removed from casings and crumbled (optional)
1/3 cup Bertolli Classico Olive Oil
1 tsp. minced garlic
2 cups cubed (about 1/4-inch) day-old Italian bread (crusts trimmed)
2 Tbsp. pignoli (pine nuts)
Salt and freshly ground black pepper
2 Tbsp. grated Parmigiano-Reggiano

To prepare artichokes: Cut stems off, remove small leaves from base. Lay artichoke on side; slice off tip of artichoke about 1-inch from top. Use scissors to trim off prickly tips of remaining leaves. Rub cut edges with lemon juice to prevent darkening.

Place artichokes in saucepan small enough to hold snugly. Add water to cover and 1/2 tsp. salt. Cover; cook until tender, about 20-25 min. or until a leaf can be pulled out easily. Drain; cool until lukewarm. To remove choke, spread center leaves; reach down in center and pull out purple tipped prickly leaves. Use small spoon to scoop out fuzzy part from heart.

To make stuffing: Brown sausage (if using); set aside. Heat Bertolli Classico olive oil and garlic in skillet until garlic begins to sizzle. Add crumbs, pignoli and cook; stirring, until bread is golden, about 5 min. Add sausage.

Coat small deep baking dish with olive oil; add artichokes. Spread leaves from center, creating an opening for stuffing. Lightly spoon stuffing into centers distributing ingredients evenly. Sprinkle tops evenly with cheese. Add 3 Tbsp. water to baking dish.

Cover with foil; bake at 350°F for 15 min. Uncover and bake until cheese browns, about



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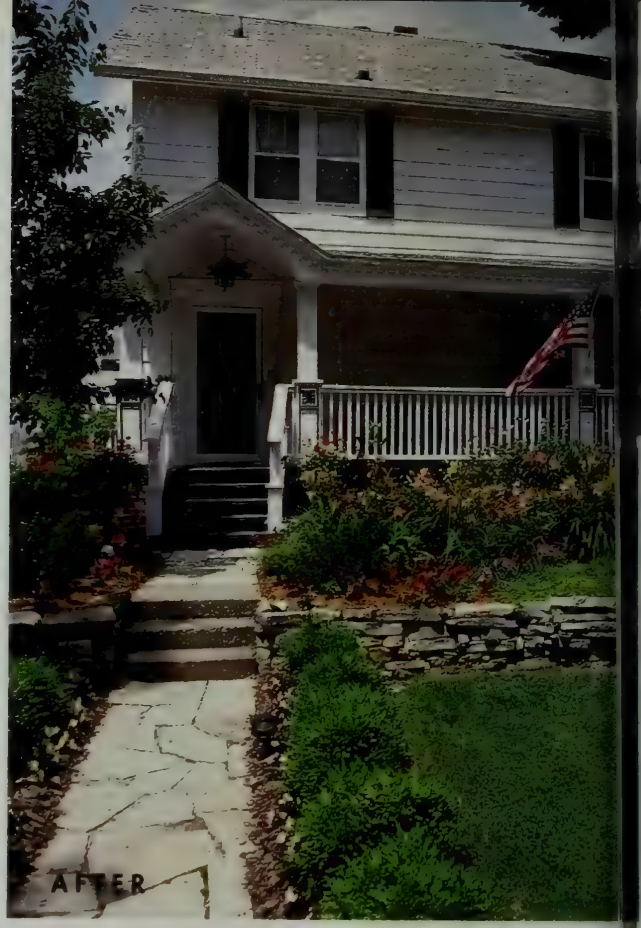
Friendly Face-Lifts

continued from page 128

Tom and Donna Skaggs could just picture a new porch on their 1928 Champaign, Illinois, home. At least they could after scrambling some photographs in their computer.

To design this porch addition, the couple snapped pictures of several nearby homes. They entered the photos into their computer and then synthesized a composite design using bits and pieces of other porches.

Tom says, "I liked this column and that roofline. We borrowed what we liked."



There were three goals for Donna and Tom's porch addition project (*right*): It had to increase front-door appeal as a welcome to visitors. It had to blend smoothly with the home's strong horizontal proportions. And it had to seem as though it had always been part of the house, built in 1928.

Gives traditional luxury cars a swift kick in the ascot.

IT'S ABOUT REDEFINING LUXURY. PUTTING CONTROL AT YOUR FINGERTIPS. AND GIVING YOU AN ABUNDANCE OF POWE
THIS IS THE SUPERCHARGED BONNEVILLE® BY PONTIAC. COMBINE THE ADRENALINE RUSH OF ITS 240-HORSEPOWER ENGI
WITH A KIND OF LUXURY THAT DOESN'T INHIBIT YOUR FEEL FOR THE ROAD, AND WHAT YOU HAVE IS A BOLD ALTERNATI
TO TRADITIONAL LUXURY CARS. AN ALTERNATIVE THAT'S KICKING MORE THAN JUST ASPHALT.





Before the couple built the new porch and landscaped the yard, their home was just a large white box (*above*). Now, they can share a comfortable seat beneath a beadboard ceiling (*right*). The 30-foot porch took four months to construct and was built with lumber treated to resist the elements.

PHOTOGRAPHS: BARBARA MARTIN; REGIONAL CONTRIBUTOR: MARY ANN THOMSON

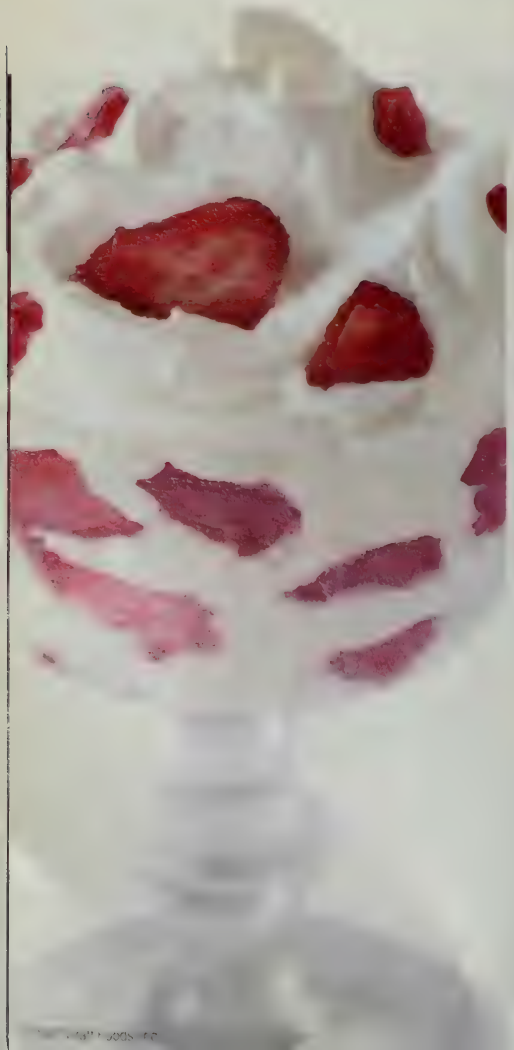


Cool Whip

Strawberries 'n Creme

Mix 1/2 cup of Cool Whip® Whipped Topping with 1/3 cup of chopped strawberries.

Got any leftover berries?



building

Pattern Your Concrete



PHOTOGRAPH, COURTESY OF THE CONCRETE SAWING AND DRILLING ASSOCIATION

A simple geometric pattern cut into this concrete patio gives its design some flair. The work is usually done by a professional because few of us have the equipment to tackle concrete cuts.

Give your ho-hum concrete patio some pizzazz by embellishing it with a geometric design. With a new technique called diamond cutting, any desired pattern of straight lines—no matter how simple or complex—can be carved into brand-new or existing concrete patios. Although a relatively simple concept, diamond cutting should be done only by a qualified contractor. Most patios can be patterned in a single day for $1,000 or less.

The finished look is only as good as the design, so you may want to hire a designer to help you with the pattern. Then, test your pattern by drawing it in chalk on the patio before it's cut.

The contractor transfers the finished pattern to the cured concrete using a sprayed chalk line. Then an operator with a lightweight slab saw equipped with a diamond blade cuts the pattern to a preset depth of 1 inch. This shallow depth prevents weed growth, leaves the patio structurally intact, and doesn't need to be grouted or sealed.

Diamond cutting is fast and clean—expect precise, smooth cuts and only a little dust and debris.

To find a qualified diamond-cutting contractor in your area, contact the Concrete Sawing and Drilling Association, 6089 Frantz Rd., Suite 101, Dublin, OH 43017; phone 614/ 798-2252. ⌂

Strawberry Shortcut

1 pkg. (10.75 oz.) SARA LEE® Frozen Pound Cake, thawed
3 cups strawberries, sliced, sweetened
1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed

CUT cake into 14 slices. Place 7 of the cake slices on individual dessert plates.
SPOON about 3 tablespoons of the strawberries over each cake slice. Top each with 1/4 cup whipped topping. Repeat layers, ending with a dollop of whipped topping.
Serve immediately. Makes 7 servings.

Put that fork down (*it's only a picture*).



97 Sara Lee Corp. ©1997 Kraft Foods, Inc.

INTRODUCING

One Sheet Keeps Working 'Til The Whole Job's Done.



RINSE & REUSE!

Rinse! Wring! Reuse It...



To Finish The Whole Job... ...Then Throw It Away!





For tough jobs you thought only a sponge could do, try new Bounty Rinse & Reuse. Unlike ordinary towels that wad up when wet, Rinse & Reuse has extra thick quilting for spongelike durability to rinse, wring and easily reopen. Use it 'til the whole job's done...then throw it away.

The Quilted Quicker Picker-Upper.

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Superior Flea & Tick Treatment

	Control Pet Care System®	Advantage™
Kills Adult Fleas	✓	✓
Kills Ticks	✓	
Repels Adult Fleas	✓	
Repels Ticks	✓	
Vet Visit Required	No	Yes
3 Month Cost*	$7.00	$15.00

Now you can break the flea and tick cycle. It's simple! One dose of Hartz® Control Pet Care System® Once a Month™ Flea & Tick Treatment and your dog will be safe from fleas and ticks. And it's so easy to use!

HARTZ Control Pet Care System®



*Based on typical marketplace retail pric
Advantage™ is a trademark of Bayer Cor

reader shopping

Wildflower Meadows

All in the downs, the fleet was moored,
Banners waving in the wind.
When Black-Eyed Susan came aboard,
And eyed the burly men.
"Tell me, ye sailors, tell me true,
If my Sweet William sails with you."

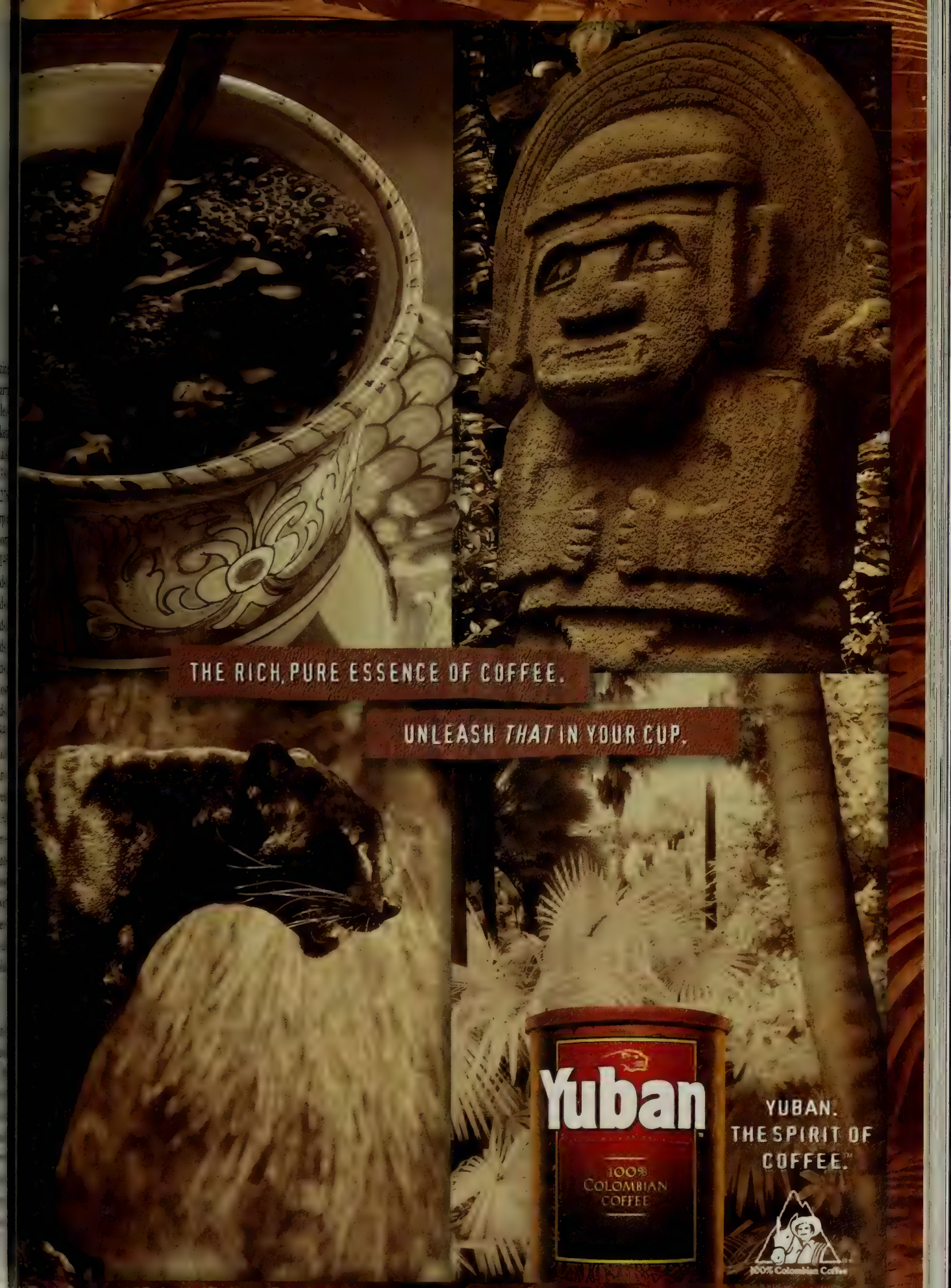


If you enjoy the Wildflowers feature *(pages 167 to 172)*, here are a book and a special collection of seeds to help you duplicate the look in your own landscape.

Wildflowers Across America, by Lady Bird Johnson and Carlton B. Lees, is both a tribute to one of this country's loveliest natural resources and a strong plea for increasing the use of native plants and wildflowers in America's landscaping. The former First Lady and her coauthor, a distinguished horticulturist and vice president of the National Wildflower Research Center, teach how to use established wildflowers as an ecologically sound and low-cost way to make America's roadsides, park areas, golf-course roughs and country gardens grow and bloom. This 312-page hardcover book from Abbeville Press costs $45.95, which includes all shipping and handling charges plus all applicable sales taxes.

More Than 28,000 Wildflower Seeds! Our special **Wild Perennial and Biennial Seed Collection** was created especially for the readers of *Better Homes and Gardens®* magazine by The Vermont Wildflower Farm and is not sold in stores. Each collection contains 17 individual packets (14 perennials and 3 biennials) including: Wild Shasta Daisy (388 seeds), Lance-Leaf Coreopsis (276 seeds), Yarrow (7,214 seeds), Purple Coneflower (95 seeds), Chicory (1,200 seeds), Blue Flax (1,145 seeds), Wild Lupine (118 seeds), Gloriosa Daisy (1,278 seeds), Perennial Gaillardia (63 seeds), Siberian Wallflower (1,328 seeds), Dame's Rocket (1,233 seeds), Blazing Star (62 seeds), Yellow Prairie Coneflower (1,602 seeds), Rocky Mountain Penstemon (841 seeds), Black-Eyed Susan (biennial; 5,000 seeds), Wild Foxglove (biennial; 4,955 seeds), and Wild Sweet William (biennial; 1,641 seeds). All of the seeds are commercially produced and hand packed. Also included is a free copy of the video, "How to Create Your Own Wildflower Meadow." The price of the collection is $28.95, which includes all shipping and handling charges plus applicable sales tax.

TO ORDER with your Mastercard, Visa, or American Express card, call toll free 800/881-4066. To order by mail, make a list of the products you wish to purchase and then send that list along with a check or money order for the total amount to: *Better Homes and Gardens®* Reader Shopping Service, Department 9706, P. O. Box 9128, Des Moines, IA 50306-9128. ⌂


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UNLEASH THAT IN YOUR CUP.
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COFFEE.™
100% Colombian Coffee

Do you experience these symptoms of Anxiety?

- Excessive worrying
- Feeling keyed up
- Anxiety attacks
- Obsessions or compulsions
- Muscle tension
- Problems with concentration
- Unexplained heart palpitations
- Phobias
- Sleeplessness
- Uncomfortable in social situations

If the answer is yes, take a FREE anxiety screening on May 7, 1997

ANXIETY IS TREATABLE

Get a free confidential visit with a doctor or mental health professional. To find a National Anxiety Disorders Screening Day site nearest you,

Call 1-888-442-2022

NATIONAL ANXIETY DISORDERS SCREENING PROJECT

Painted Paneling



PHOTOGRAPHS: KING AU



To lighten and brighten a small room plagued by dark wood paneling, consider an alternative to ripping it out. With a few strokes of a brush, you can transform a dark space into a fresh and airy haven while still maintaining the interest of the textured paneling. The vertical lines help raise the ceiling visually to make a small space appear larger.

Before priming, determine what type of paneling you have—usually laminate, veneer, or real wood. Here are the steps to painting paneling.

Cleaning: Thoroughly wash paneling with a mild soap and water, drying it with paper towels as you go to keep the water from soaking into the wood. Mineral spirits will also clean the surface and will evaporate faster.

Priming: Rough up slick-surfaced paneling by lightly sanding it so a primer will adhere. (Be careful not to break through the top surface of laminated or veneered panels.) Apply a primer coat to help paint adhere. Use a latex acrylic primer on aged, dry panels; synthetic primers work better with newer, oily panels. For both veneer and wood panels, use a primer with stain block to keep the wood finish from penetrating the paint.

Painting: When the primer is dry, brush on your paint. A high-sheen paint highlights texture. Because of the wood finish below, the paint may chip with wear, so keep leftover paint on hand for quick touch-ups.

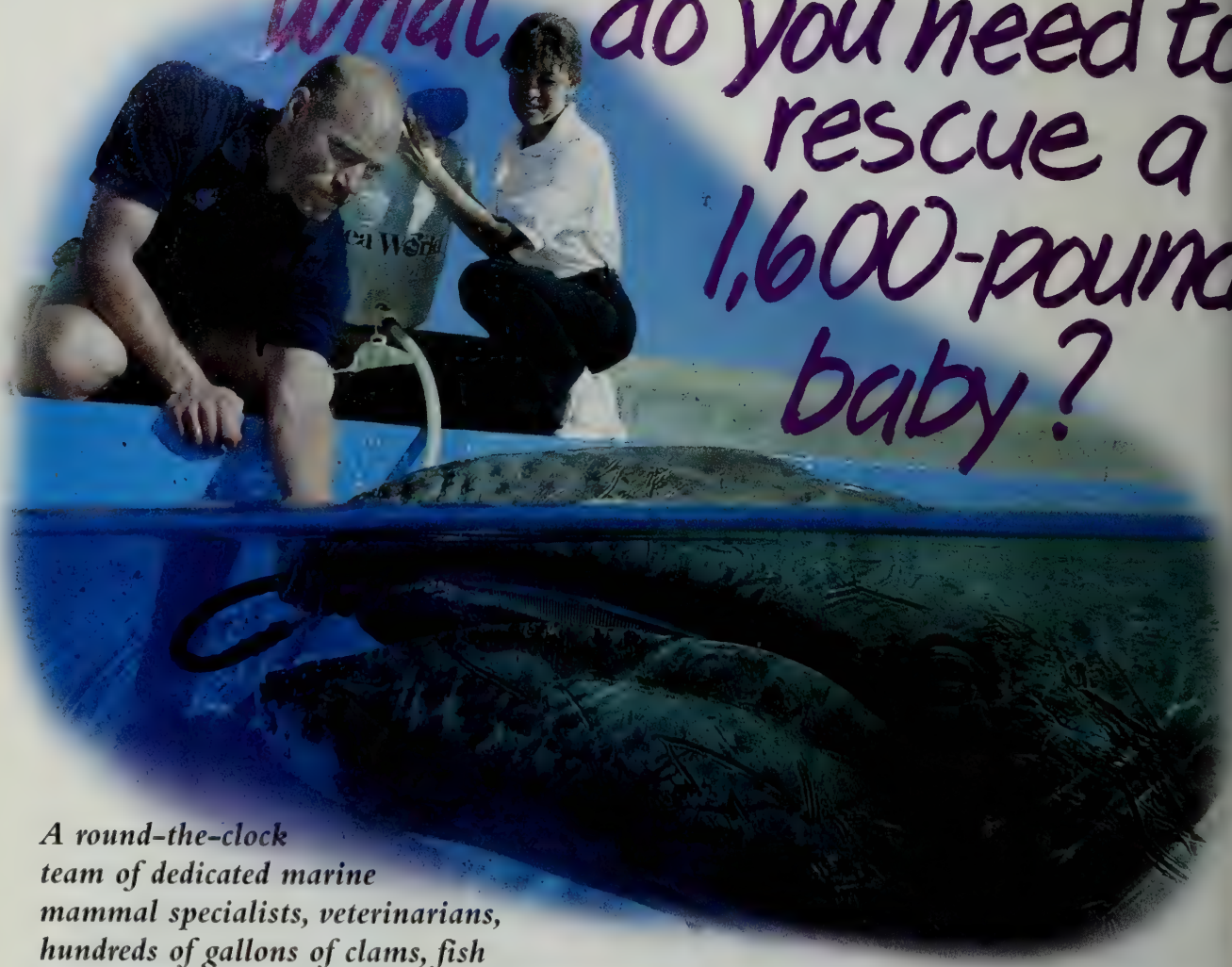


RAID KILLS MORE FLEAS

They're dropping like fleas with new Raid® Flea Killer Plus Carpet Powder. It kills more fleas than any leading brand* by penetrating deep into carpet fiber with more killing action. Get rid of 'em with new **Raid® Flea Killer Plus Carpet Powder. RAID KILLS FLEAS DEAD.™**

*Based on laboratory results. © 1997 S.C. Johnson & Son, Inc. All Rights Reserved.

What do you need to rescue a 1,600-pound baby?



A round-the-clock team of dedicated marine mammal specialists, veterinarians, hundreds of gallons of clams, fish and cream and a really big pool.

When they saw her thrashing in the shallows off the California coast, everyone knew this baby gray whale was in trouble. Just a few days old, with her umbilical cord still attached, she had somehow lost her mother, and almost any chance of survival. Sea World volunteered to help. When she arrived at Sea World in San Diego, she was nearly comatose, dehydrated, yet still clinging to life. Rescue team members lowered the baby gray whale into a 120,000-gallon pool and gave the whale just what she needed... antibiotics, special fluids, and lots of tender loving care. For hours, she barely moved. Then, at long last, she opened her eyes and began to breathe normally.



A real-life drama.

It's been a few months now, and this big baby is beating the odds. They call her J.J. She has been growing at a remarkable rate, gaining more than a pound an hour on average. With lots of special care and a little luck, J.J. will be swimming on her own along the California coast next winter.

Our biggest rescue is just a small part of our commitment.

The Anheuser-Busch Theme Parks are dedicated to rescue and rehabilitation, conservation and education. **Come visit our parks, share our commitment and discover the many adventures and thrills just waiting for you.**

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Where discovery is a real adventure.

www.seaworld.com www.buschgardens.com

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For The First Time Ever...

"The Berta Hummel Nativity"

featuring the beloved *Hummel* children



Shown smaller than actual size of approx. 6" high.

INSPIRED BY THE ART OF
BERTA HUMMEL

sweet, angelic faces have been by millions for generations. Now, the very first time, the children from *Hummel's* tender paintings have red a beautiful Nativity collection heralds a new chapter in the history e gifts and collectibles.

he Berta Hummel Nativity includes exquisite sculptures, each with the ate, childlike features so uniquely *mel*. Delight in "Mary," tenderly ing over her newborn son; "Joseph," stands protectively nearby with his n hand; and "Jesus" himself, his tiny aglow with heavenly light. Never e has the Christmas story been told such warmth and charm. On display in your home, *The Berta Hummel Nativity* will add rich new meaning to your family's Christmas celebration.

Each sculpture in *The Berta Hummel Nativity* is designed and sculpted for StudioHummel by the artisans of Goebel, who for sixty years have been entrusted to interpret *Hummel* artwork. Each is hand-crafted and hand-painted of fine porcelain to their meticulous standards.

The Berta Hummel Nativity is yours for only $119.95, payable in five convenient monthly installments of just $23.99 each. Order your collection today by mailing the reservation form, and start a special family tradition this holiday season.

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33501-CC2A

A celebration of life.

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Please Respond by July 15,1997

Yes, please enter my reservation for ***The Berta Hummel Nativity***. I need SEND NO MONEY NOW. The set of three sculptures is $119.95, payable in five monthly installments of $23.99. I will be billed for the first installment before shipment.

• My satisfaction is unconditionally guaranteed for one full year •

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*Plus a total of $5.88 home delivery fee and applicable state sales tax. Please allow 8 to 10 weeks for delivery Pending credit approval.

33501-D81201

Outdoor projects

by Steve Cooper



Spring is the season when our thoughts turn to skies alive with migrating birds, the allure of downy grass on a sunny day, and all those outdoor projects put on hold since last winter. Offered here are a few projects to add to your to-do list. This roundup includes a pair of fetching gates, home-style mailboxes, and an elegant fence designed to cover up even the most inelegant of air conditioning units.

Buying information, page 80

Attractively unattractive.



Only OFF!® could make a citronella candle as good-looking as it is effective. OFF!® Yard & Deck Citronella Candles are pleasantly scented and come in decorative terra cotta or glass holders. So you'll love having them around. Bugs won't.

OFF!®

KEEPS BUGS OFF!™

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Although this gate (*left*) stands at the entrance to a Tucson, Arizona, yard, it was inspired by the gates of the Paris subways. An ornamental ironwork company fabricated it, and the gate has taken on a patina of age as it bakes in the desert sun.

The arched gate (*below*) shows how the structure surrounding a gate can enhance the impact of a garden entry. The 2×2-inch curved top arch was made by joining two pieces cut from wide redwood stock. The lattice was hand cut and pieced together.



Outdoor Projects

continued from page 138

Though these two gates are very different in style, they have much in common.

Both are artistic and functional. Both have been crafted with attention to detail. Both are treasured by their owners.

When planning a gate, make sure there's enough room to accommodate its swing. The ground should be level and the posts to which it is attached should be straight and true. If it is wood, use redwood, cedar, or pressure-treated lumber because they resist moisture. Iron gates in wet climates should be painted.

continued on page 142


SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.
she's gone to Capri and she's not coming back
CAPRI
Capri
Superslims

Outdoor Projects

continued from page 140

Give guests a jaunty welcome with one of our Cottage Mailboxes, a project created for *Better Homes and Gardens®* readers. These homey letter holders will bid your mail carrier good cheer, too.

The boxes were built in the simplest of shapes using ½-inch plywood. The pieces were joined with wood glue and nailed to make sure seams would dry tightly together. Before the boxes were finished, the nails were set and the holes filled with putty.

Thin strips of wood were used to make the windows, doors, and trim, and the boxes were finished in white paint. You can fashion a fancier mailbox by trimming and painting it to match your house.

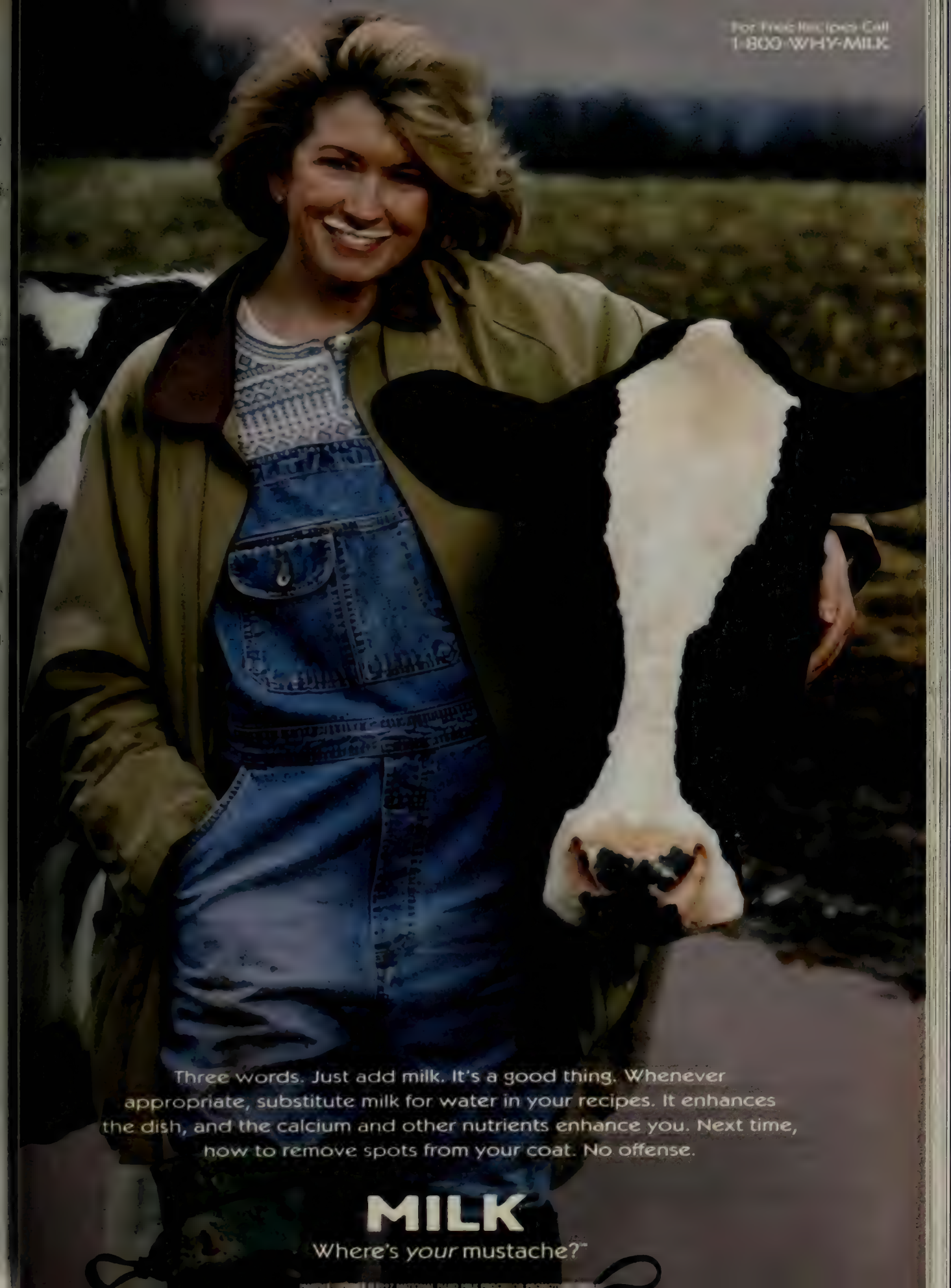
continued on page 144





Our designs are about 7×9×14 inches and can be positioned as you prefer, vertically (*above*) or horizontally (*right*). The finish you choose is critical to the long-term performance of the mailbox. Start by filling all small holes, cracks, and seams so no moisture can penetrate the surface. After sanding, spray the box with a quality primer and two or three coats of exterior paint. Then, apply a brass hinge. Use a sturdy one because light hinges will corrode easily.

To order plans, see page 144


For free recipes Call
1-800-WHY-MILK
Three words. Just add milk. It's a good thing. Whenever appropriate, substitute milk for water in your recipes. It enhances the dish, and the calcium and other nutrients enhance you. Next time, how to remove spots from your coat. No offense.
MILK
Where's *your* mustache?™



The natty privacy screens hiding an air conditioner (*left*) and a gas meter (*below*) were designed for easy building and maintenance. The latticework is off-the-shelf prefinished vinyl lattice, so it will never need paint. It was purchased in a heavy gauge so it can withstand the elements for years to come. Pressure-treated post lumber was selected for the frames, and corners were capped with precut finials, which are available at home centers. Two or three coats of a thick latex enamel paint will seal wood segments against rain, ice, and snow.



Outdoor Projects

continued from page 142

After significant effort was spent remodeling this Midwestern ranch-style home, there was still one complaint: The area around the back door was unsightly.

What can be done to hide bulky air conditioning units, gas meters, and other necessary—but not necessarily attractive—equipment scattered around the base of a home?

The design solution here was a pretty and easy-to-build latticework fence that can be adapted easily to a variety of needs. The frame was built with 4×4-inch post material, except for a small section with a stylish upsweep. That piece was cut from larger stock and spliced into the frame.

PLANS OFFER

You can build the **Cottage Mailboxes** or **Privacy Screen/Cover-Up** shown in this feature from our easy-to-use project plans. The professionally drawn blueprints are available only from *Better Homes and Gardens®* magazine (not sold in stores). Each plan contains a photograph of the finished project, a complete list of materials to get you started, construction diagrams, full-size patterns when appropriate, and clearly written directions to take you step-by-step through the project. A single plan costs $12.95; additional plans are $11.00 each. Prices include shipping, handling, and applicable sales tax. **TO ORDER,** send a check or money order to: *Better Homes and Gardens®* Reader Shopping Service, Dept. 9706, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call 800/881-4066. Please specify name of plan(s) desired.



Does your life have signs of persistent anxiety?

Have you been bothered, more days than not for 6 months or more, by unrealistic, **excessive worry** that you could not control? If you have, do you also suffer from three or more of the signs and symptoms of persistent anxiety you see to the left?

If you answered yes to three or more of these, and they significantly affect your ability to function normally, see your doctor.

Only your doctor can diagnose and treat persistent anxiety.

Persistent anxiety is more than just the common stress of everyday life. Should you see your doctor?

Anxiety and tension associated with everyday life usually do not require treatment. Persistent anxiety involves excessive, unfounded worry that lasts for 6 months or more, as well as other physical and mental symptoms, some of which are described to the left of this column. If you recognize these symptoms in yourself and your doctor rules out other illnesses, you may be one of the over 10 million Americans suffering from persistent anxiety. Many people who suffer from these symptoms don't realize that these symptoms can be caused by anxiety, and that they can get help to feel better.

Ask your doctor about a nonhabit-forming medicine.

Persistent anxiety can be medically treated. So ask your doctor about anxiety therapies, including BuSpar® (buspirone HCl, USP). BuSpar is a nonhabit-forming anti-anxiety medication that works progressively over a matter of weeks to relieve anxiety symptoms. Shown to be effective for many people, BuSpar may help you feel like yourself again.

Possible side effects associated with BuSpar include dizziness, drowsiness, nausea, headache, nervousness, lightheadedness, and excitement. Your doctor will caution you about driving a car or using complex machinery until you are reasonably sure that BuSpar will not affect alertness or coordination.

Only your doctor can diagnose persistent anxiety and prescribe treatment. So ask your doctor whether BuSpar could be right for you.

Tear out and bring to your doctor.

Ask your doctor about nonhabit-forming

BuSpar® 15 mg BID

buspirone HCl, USP

For more information, Call 1-800-4-RELIEF, extension 7, or visit our website at http://www.anxiety-relief.com

Please see important additional information on next page.

CAUTION: FEDERAL LAW PROHIBITS DISPENSING WITHOUT PRESCRIPTION.

BuSpar®
(buspirone HCl, USP)

Brief Summary of Prescribing Information, 12/94. For complete prescribing information, please consult official package circular.

CONTRAINDICATIONS

Hypersensitivity to buspirone hydrochloride.

WARNINGS

The administration of BuSpar to a patient taking a monoamine oxidase inhibitor (MAOI) may pose a hazard. Since blood pressure has become elevated when BuSpar was administered concomitantly with an MAOI, such concomitant use is not recommended. BuSpar should not be employed in lieu of appropriate antipsychotic treatment.

PRECAUTIONS

General – *Interference with cognitive and motor performance:* Although buspirone is less sedating than other anxiolytics and does not produce significant functional impairment, its CNS effects in a given patient may not be predictable: therefore, patients should be cautioned about operating an automobile or using complex machinery until they are reasonably certain that buspirone does not affect them adversely. Although buspirone has not been shown to increase alcohol-induced impairment in motor and mental performance, it is prudent to avoid concomitant use with alcohol.

Potential for withdrawal reactions in sedative/hypnotic/anxiolytic drug-dependent patients: Because buspirone will not block the withdrawal syndrome often seen with cessation of therapy with benzodiazepines and other common sedative/hypnotic drugs, before starting buspirone withdraw patients gradually from their prior treatment, especially those who used a CNS depressant chronically. Rebound or withdrawal symptoms may occur over varying time periods, depending in part on the type of drug and its elimination half-life. The withdrawal syndrome can appear as any combination of irritability, anxiety, agitation, insomnia, tremor, abdominal cramps, muscle cramps, vomiting, sweating, flu-like symptoms without fever, and occasionally, even as seizures.

Possible concerns related to buspirone's binding to dopamine receptors: Because buspirone can bind to central dopamine receptors, a question has been raised about its potential to cause acute and chronic changes in dopamine mediated neurological function (e.g., dystonia, pseudoparkinsonism, akathisia, and tardive dyskinesia). Clinical experience in controlled trials has failed to identify any significant neuroleptic-like activity; however, a syndrome of restlessness, appearing shortly after initiation of treatment, has been reported: the syndrome may be due to increased central noradrenergic activity or may be attributable to dopaminergic effects (i.e., represent akathisia).

Information for Patients – Patients should be instructed to inform their physician about any medications, prescription or nonprescription, alcohol, or drugs they are now taking or plan to take during treatment with buspirone; to inform their physician if they are pregnant, are planning to become pregnant, or become pregnant while taking buspirone; to inform their physician if they are breast feeding; and not to drive a car or operate potentially dangerous machinery until they experience how medication affects them.

Drug Interactions – Concomitant use with other CNS active drugs should be approached with caution (see **WARNINGS**). Concomitant use with trazodone may have caused 3- to 6-fold elevations on SGPT (ALT) in a few patients. Concomitant administration of BuSpar and haloperidol resulted in increased serum haloperidol concentrations in normal volunteers. The clinical significance is not clear. Buspirone does not displace tightly bound drugs like phenytoin, propranolol, and warfarin from serum proteins, but may displace less firmly bound drugs like digoxin. However, there was one report of prolonged prothrombin time when buspirone was given to a patient also treated with warfarin, phenytoin, phenobarbital, digoxin, and Synthroid.

Carcinogenesis, Mutagenesis, Impairment of Fertility – No evidence of carcinogenic potential was observed in rats or mice; buspirone did not induce point mutations, nor was DNA damage observed; chromosomal aberrations or abnormalities did not occur.

Pregnancy: Teratogenic Effects – Pregnancy Category B: Should be used during pregnancy only if clearly needed.

Nursing Mothers – Administration to nursing women should be avoided if clinically possible.

Pediatric Use – The safety and effectiveness have not been determined in individuals below 18 years of age.

Use in the Elderly – No unusual, adverse, age-related phenomena have been identified in elderly patients receiving a total, modal daily dose of 15 mg.

Use in Patients With Impaired Hepatic or Renal Function – Since buspirone is metabolized by the liver and excreted by the kidneys, it is not recommended in severe hepatic or renal impairment.

ADVERSE REACTIONS (See also PRECAUTIONS)

Commonly Observed – The more commonly observed untoward events, not seen at an equivalent incidence in placebo-treated patients include dizziness, nausea, headache, nervousness, lightheadedness, and excitement.

Associated With Discontinuation of Treatment – The more common events causing discontinuation included: central nervous system disturbances (3.4%), primarily dizziness, insomnia, nervousness, drowsiness, lightheaded feeling; gastrointestinal disturbances (1.2%), primarily nausea; miscellaneous disturbances (1.1%), primarily headache and fatigue. In addition, 3.4% of patients had multiple complaints, none of which could be characterized as primary.

Incidence in Controlled Clinical Trials – Adverse events reported by 1% or more of 477 patients who received buspirone in four-week, controlled trials: *Cardiovascular:* Tachycardia/palpitations 1%. *CNS:* Dizziness 12%, drowsiness 10%, nervousness 5%, insomnia 3%, lightheadedness 3%, decreased concentration 2%, excitement 2%, anger/hostility 2%, confusion 2%, depression 2%. *EENT:* Blurred vision 2%. *Gastrointestinal:* Nausea 8%, dry mouth 3%, abdominal/gastric distress 2%,diarrhea 2%, constipation 1%, vomiting 1%.*Musculoskeletal:* Musculoskeletal aches/pains 1%. *Neurological:* Numbness 2%, paresthesia 1%, incoordination 1%, tremor 1%. *Skin:* Skin rash 1%. *Miscellaneous:* Headache 6%, fatigue 4%, weakness 2%, sweating/clamminess 1%.

Other Events Observed During the Entire Premarketing Evaluation – The relative frequency of all other undesirable events reasonably associated with the use of buspirone in approximately 3000 subjects who took multiple doses under well-controlled, open, and uncontrolled conditions is defined as follows: Frequent are those occurring in at least 1/100 patients; infrequent are those occurring in 1/100 to 1/1000 patients; and rare are those occurring in less than 1/1000 patients.*Cardiovascular* – frequent: nonspecific chest pain; infrequent: syncope, hypotension, and hypertension; rare: cerebrovascular accident, congestive heart failure, myocardial infarction, cardiomyopathy, bradycardia. *Central Nervous System* – frequent: dream disturbances; infrequent: depersonalization, dysphoria, noise intolerance, euphoria, akathisia, fearfulness, loss of interest, dissociative reaction, hallucinations, suicidal ideation, seizures; rare: feelings of claustrophobia, cold intolerance, stupor, slurred speech, psychosis. *EENT* – frequent: tinnitus, sore throat, nasal congestion; infrequent: redness and itching of the eyes, altered taste, altered smell, conjunctivitis; rare: inner ear abnormality, eye pain, photophobia, pressure on eyes. *Endocrine* – rare: galactorrhea, thyroid abnormality. *Gastrointestinal* – infrequent: flatulence, anorexia, increased appetite, salivation, irritable colon, rectal bleeding; rare: burning of the tongue. *Genitourinary* – infrequent: urinary frequency, urinary hesitancy, menstrual irregularity and spotting, dysuria; rare: amenorrhea, pelvic inflammatory disease, enuresis, nocturia. *Musculoskeletal* – infrequent: muscle cramps, muscle spasms, rigid/stiff muscles, arthralgias. *Neurological* – infrequent: involuntary movements, slowed reaction time; rare: muscle weakness. *Respiratory* – infrequent: hyperventilation, shortness of breath, and chest congestion; rare: epistaxis. *Sexual Function* – infrequent: decreased or increased libido; rare: delayed ejaculation, impotence. *Skin* – infrequent: edema, pruritus, flushing, easy bruising, hair loss, dry skin, facial edema, blisters; rare: acne, thinning of nails. *Clinical Laboratory* – infrequent: increases in hepatic aminotransferases (SGOT, SGPT); rare: eosinophilia, leukopenia, thrombocytopenia. *Miscellaneous* – infrequent: weight gain, fever, roaring sensation in the head, weight loss, malaise; rare: alcohol abuse, bleeding disturbance, loss of voice, and hiccoughs.

POSTINTRODUCTION CLINICAL EXPERIENCE: Rare occurrences of allergic reactions (including urticaria), cogwheel rigidity, dystonic reactions, ataxias, extrapyramidal symptoms, dyskinesias (acute and tardive), ecchymosis, emotional lability, tunnel vision, and urinary retention have been reported. Because of the uncontrolled nature of these spontaneous reports, a causal relationship to BuSpar has not been determined.

DRUG ABUSE AND DEPENDENCE

Controlled Substance Class – Not a controlled substance.

Physical and Psychological Dependence – Buspirone has shown no potential for abuse or diversion and there is no evidence that it causes tolerance, or either physical or psychological dependence. However, since it is difficult to predict from experiments the extent to which a CNS-[illegible] will be misused, diverted and/or abused once marketed, physicians should carefully evaluate patients for a history of drug abuse and follow such patients closely, observing them for signs of buspirone misuse or abuse (e.g., development of tolerance, incrementation of dose, drug-seeking behavior).

OVERDOSAGE

Signs and Symptoms – At doses approaching 375 mg/day the following symptoms were observed: nausea, vomiting, dizziness, drowsiness, miosis, and gastric distress. A few cases of overdosage have been reported with complete recovery as the usual outcome. No deaths have been reported following overdosage with BuSpar alone. Rare cases of intentional overdosage with a fatal outcome were invariably associated with ingestion of multiple drugs/or alcohol, and causal relationship to buspirone could not be determined.

Recommended Overdose Treatment – General symptomatic and supportive measures should be used along with immediate gastric lavage. No specific antidote is known and dialyzability of buspirone has not been determined.

U.S.A. Patent Nos. 3,717,634 and 4,182,763

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81R43-01K-019PW

Revised December 1994

reader shopping

Saltbox Birdhouse



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Our **Saltbox Birdhouse Project Plan** gives complete instructions for making this 15×15×13½ New England-style nesting place. The project is made from plywood with the sides scored to look like siding.

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Outdoor Room Plans

You can build the **Windsorette** *(pages 181 to 183)* or the **Pergola** *(page 184)* from our easy-to-use project plans. The Windsorette measures about 12×6 feet and is about 8 feet tall; the Pergola measures about 14×18 feet and is about 10 feet tall.

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Brandywine tomatoes may be the best you've ever tasted

by Craig Summers Black and Mark Kane

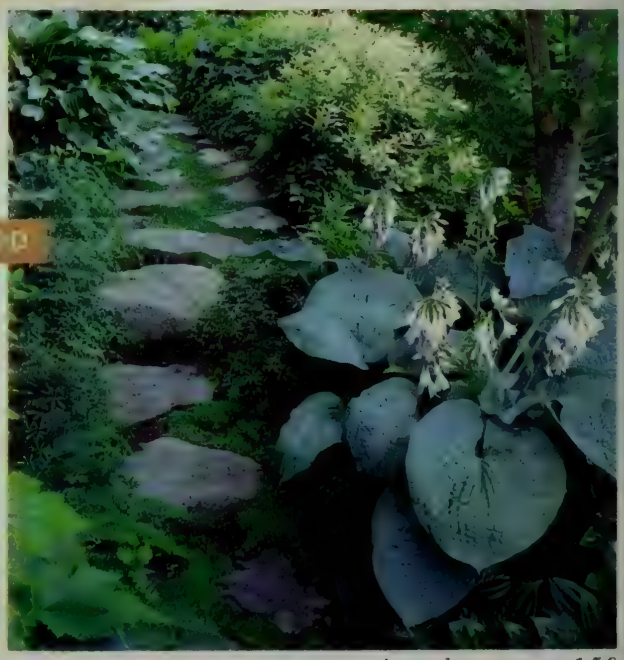
EDITOR'S CHOICE

A heritage harvest. The Brandywine tomato is an Amish heirloom legendary for its sweet, rich, slightly spicy flavor. You won't find taste like this in the crimson hardballs you see in the grocery bins. This is a tomato prized for its taste, not its shipping qualities. Brandywine comes in three varieties—pink, red, and yellow—each with a slightly different, exceptionally full flavor. While Brandywine may be the perfect tomato, it is not the perfect plant. It is late-season, taking 80 days to fruit, and it seems to like temperatures on the cool side. Brandywine gets tall, so you'll need to stake or cage it. And it is not always the most prolific producer. But this is quibbling. Sow some, grow some.

LOOKING GOOD

Cause to Pause

This little meander of a path is not for high-volume traffic. The twisty-turny walkway in Seattle will keep your feet dry, but it also forces you to take halting steps. It requires that you take in the scenery at your feet. That's a bit of astilbe by your left foot. Don't smoosh the blooming hosta with your next step. Say, isn't that a paperbark maple behind it? And that's Corsican mint, right? Scrunch a sprig and take in the scent. Now *this* is living.

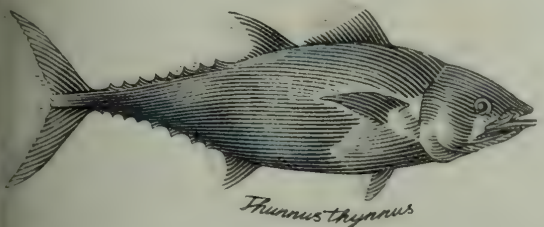


continued on page 150

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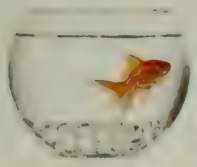
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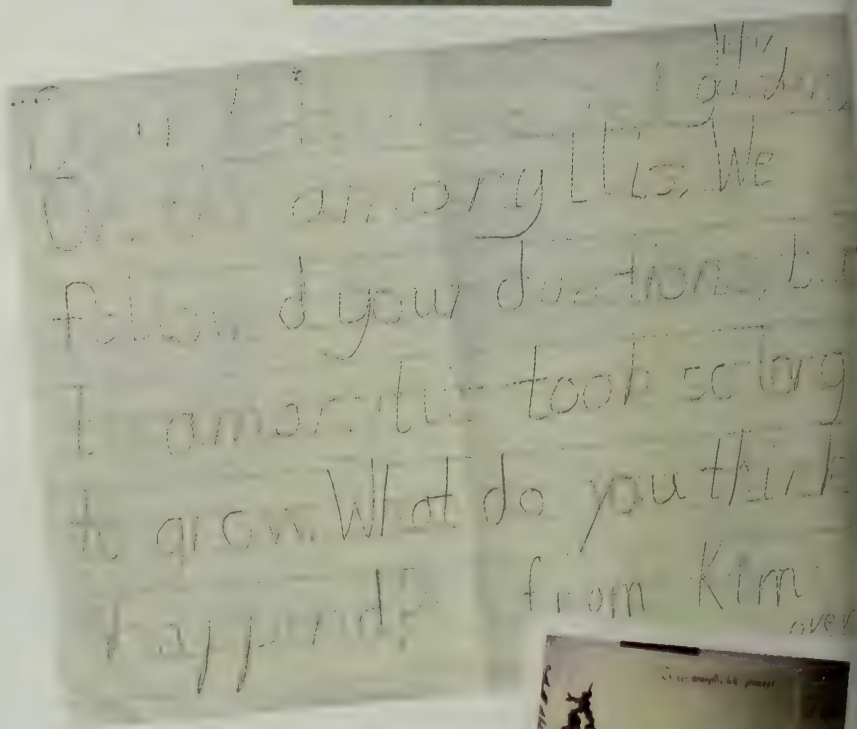
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Take this game piece to your local ORTHO® retailer. If the above illustrations exactly match (except for size) the illustrations found on the front of the bottle of ORTHO Bug-B-Gon,™ you win $20,000!

ORTHO GARDEN PARTY

OFFICIAL RULES: ORTHO GARDEN PARTY MATCH AND WIN CONTEST **1. No purchase necessary.** Game starts **March 2, 1997**, and ends **August 30, 1997**. Match and win game pieces will be available in inserts in Sunday newspapers in selected markets, selected magazines or by mail by sending a self-addressed stamped envelope (WA and VT residents may omit return postage) to: ORTHO GAME PIECE, PO BOX 1013, GRAND RAPIDS, MN 55745-1013. Mail-in requests will be honored if received by **August 7, 1997**, and while supplies last. Limit one request per outer envelope. No mechanically reproduced requests allowed. **2. How to Play.** Take your game piece to a participating retailer and compare the symbols on your game piece with symbols on ORTHO product labels. If your game piece symbol exactly matches the store bottle symbol, you are a winner, subject to verification. 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Game materials are null and void and will be rejected if not obtained in accordance with these rules and through legitimate channels or if any part is determined by the judging organization to be illegible, reproduced, counterfeited, mutilated or tampered with in any way, if they do not have the special security markings or if any game materials contain printing, production, typographical, mechanical or other errors. Any attempt to forge or defraud game materials in any way will be prosecuted to the fullest extent of the law. Liability for game materials containing printing or other errors is limited to replacement with other game materials while supplies last. In the event of a printing error or the like that results in more winning game pieces than there are prizes listed in the Official Rules, a random drawing, if necessary, will be held among those claiming prizes to award the correct number of published prizes. 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Employees of Monsanto Company's Solaris Group, respective affiliated companies, subsidiaries, agents, retailers, advertising agencies, promotional suppliers, all suppliers involved in the development, production and distribution of this game and immediate families of each are not eligible. Subject to federal, state and local laws. Void where prohibited or restricted. **6. Winners** [illegible] winners, send a self-addressed stamped envelope (WA and [illegible] may omit return postage) to: ORTHO WINNERS LIST, PO BOX [illegible], MN 55745-8007. Requests must be received by [illegible] 1997. ©1997 Monsanto

UPDATE





1/15/97

Problem? What Problem?

Gail Moores' first-grade class at Centre School in Hampton, New Hampshire, followed our directions for potting an amaryllis to the letter. Then the kids sat back and waited. And waited. What gives? wondered 7-year-old Kim Hunt. So she wrote a letter to the garden guys at *BH&G*.

Well, Kim, maybe your amaryllis didn't bloom quite as fast as ours did. But we are professionals. We do this for a living. Although you may try this at home, you can't always replicate perfectly our results. Kim's results were a little different, all right. Where we topped out at two blossoms per bulb, Kim and her classmates were able to coax *six*.

Buying information, page 76

Editor's Choice Tomato Seed Collection Interested in growing some Brandywine tomatoes? Our collection of tomato seeds offered by arrangement with J. W. Jung Seed Company will give you the opportunity to try six heirloom varieties. Each collection contains one packet each of: Brandywine (40 seeds), Yellow Brandywine (40 seeds), Red Brandywine (40 seeds), White Wonder (20 seeds), Aunt Ruby's German Green (20 seeds), and Yellow Pear (20 seeds). Also included are instructions on overwintering seeds for your 1998 garden. Each collection costs $14.95, which includes shipping, handling, and applicable sales tax. **TO ORDER**, send a check or money order to *Better Homes and Gardens* Reader Shopping, Dept. 9706, Box 9128, Des Moines, IA 50306-9128. Mastercard, Visa, and American Express card users may call toll free 800/881-4066.

He often wondered which was more powerful.

His LOVE for his tomatoes. Or his Hate of the insects who wanted to eat them.





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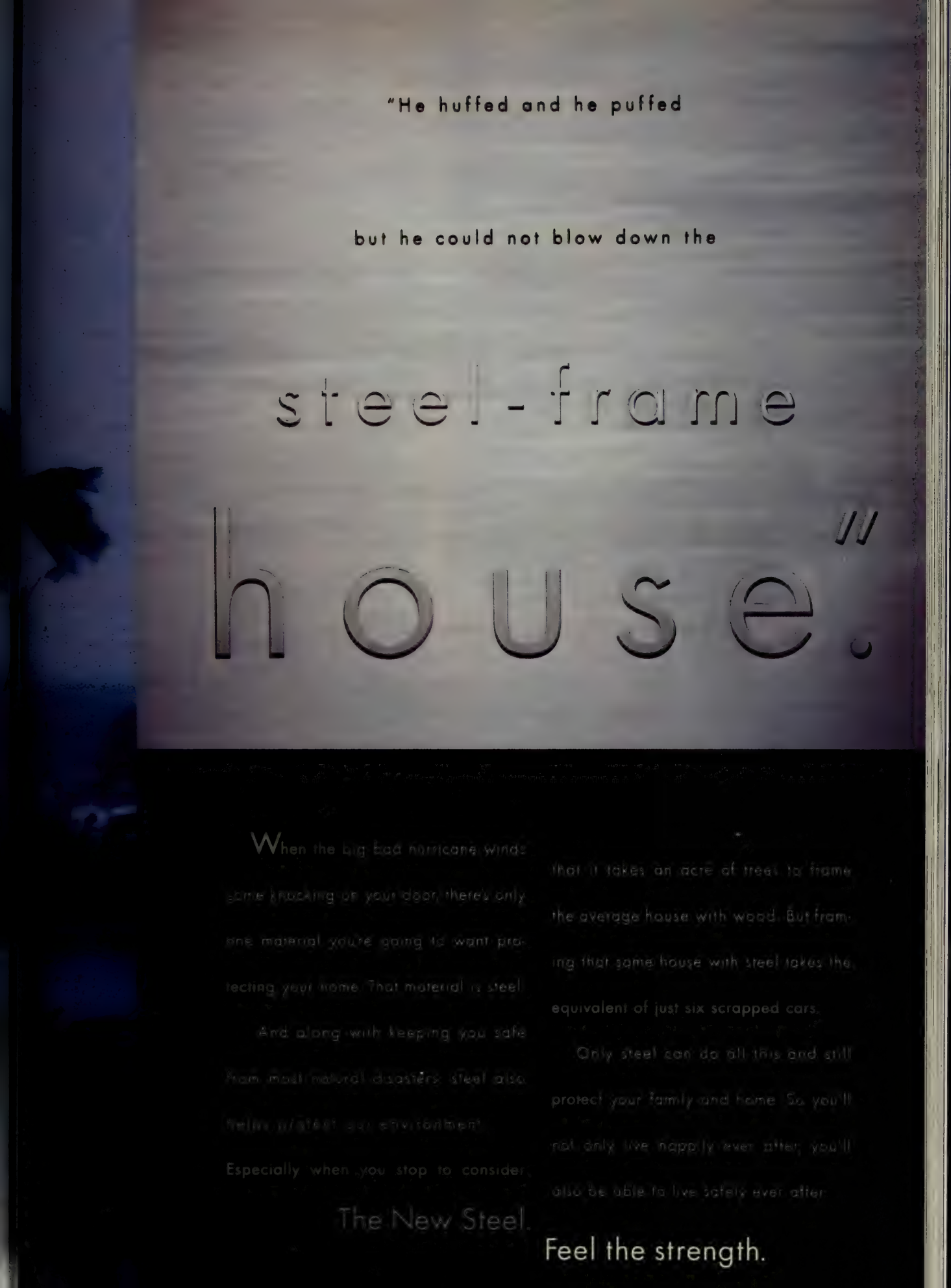
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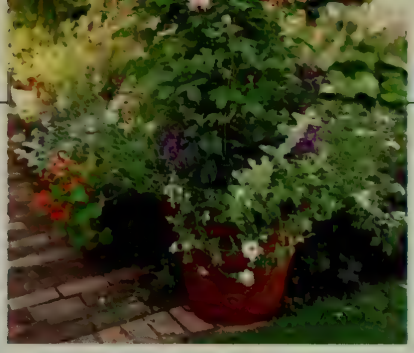
Some of the best rooms don't have walls.

Sometimes it's what you leave out of a room that makes it special. So forget the walls and enjoy nature's colors and the fresh air ambiance of your outdoor getaway. Pier 1 has some ideas to help you free your spirit and go roofless this summer.

Pier 1 imports

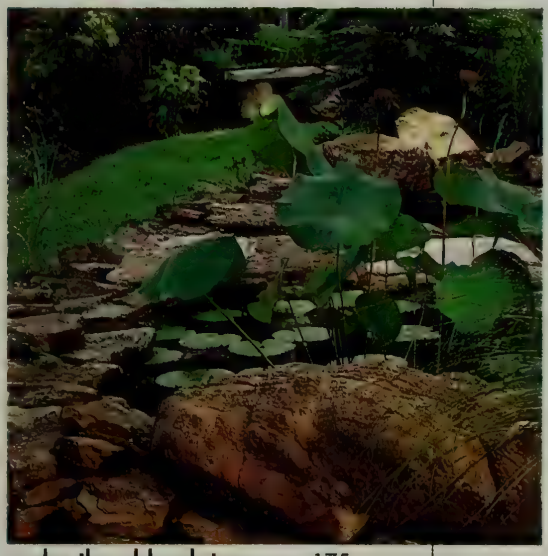


Visit Pier 1 to find everything you need to enjoy the outdoors this summer.



rooms with a roof page 181





under the old oak tree page 175



outdoor rooms page 156

by Craig Summers Black and William L. Nolan

Outdoor Living

It is time once again to see if you can make grass grow between your toes. 'Tis the frolic season, when restraint is occasionally tossed aside along with shoes and socks. To help you enjoy the summer to its fullest, *BH&G*® presents its annual Outdoor Living issue, chockablock full of tips, projects, and inspiration. You might enjoy reading it outside, perhaps in the garden. Somebody hand me a lemonade. On second thought, make it a double.

outdoor rooms

Summer tends to bring out the kid in all of us, and to prevent the neighbors from witnessing this spectacle, you will probably want your garden to afford you a bit of privacy. A wall of green here, a meandering byway to get from here to there, and a sheltered spot to rest once there—these are the basics of a garden room. Your backyard, like your house, can have several rooms—perhaps one for flowers, another for a quiet spot to read or snooze, and, of course, the all-important rumpus room.





[illegible] mainland deck in his Bethesda, Maryland, yard. Stones, impatiens spillover marginal plants, and the deck itself camouflage the pond's hardware and liner. And notice the way plantings soften the decks sharp edges.



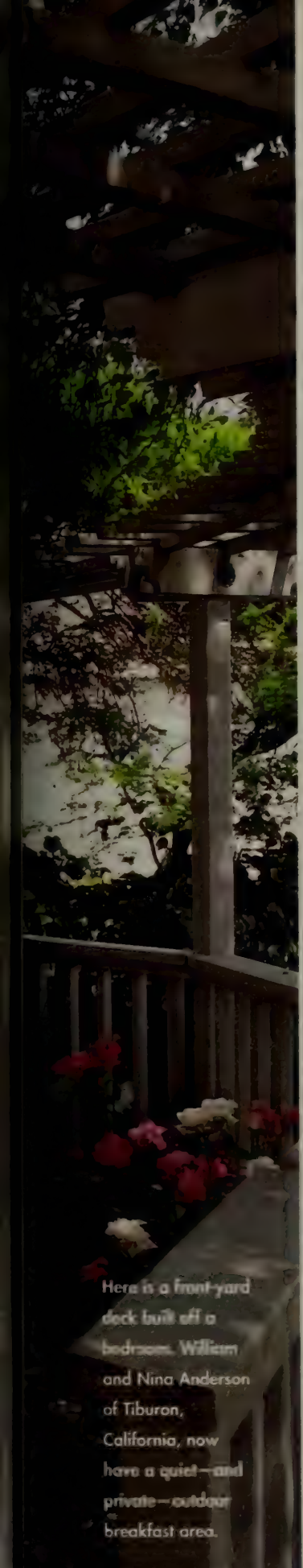
outdoor rooms



PHOTOGRAPH STEPHEN CRIDLAND REGIONAL CONTRIBUTOR CATHERINE BRADLEY

No matter the ingenuity and artistry you employ in the design of your landscape, without the inclusion of a garden room—or two or four—about the best you can hope for is a house surrounded by an exceedingly nice yard. But establish a few of these nooks and crannies, and the effect will be one of a home sheltered by exceedingly nice *gardens*. Think about the way you show off your home to first-time visitors. You lead them from room to room to room and finally end the tour—*ta-da*—in the private little place where you display your treasured collection of—oh, I don't know—ceramic Staffordshire dogs. It's the same outside. You want to be able to wander from garden room to garden room, perhaps ending up in a quiet, shady refuge with your Hatteras hammock and the prized yellow clivia.

This back porch in Portland, Oregon, (*above*) is a gathering spot at teatime for a transplanted Australian gardener. Wisteria helps create privacy and deflect the sun.



PHOTOGRAPH JAY GRAHAM REGIONAL CONTRIBUTOR HELEN HEITKAMP DESIGNER SCHWARTZ AND ASSOCIATES

Here is a front-yard deck built off a bedroom. William and Nina Anderson of Tiburon, California, now have a quiet—and private—outdoor breakfast area.

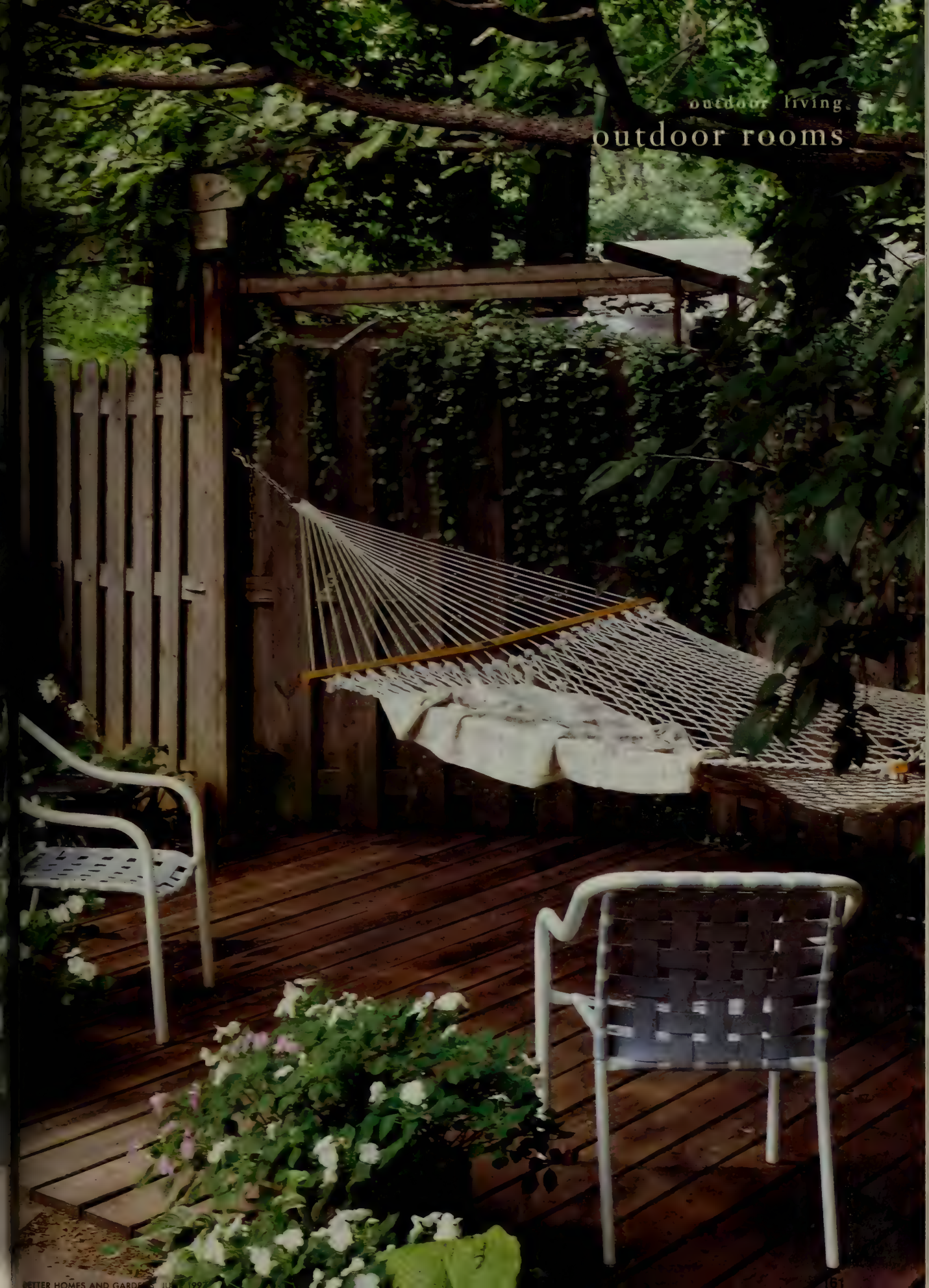
Here is another garden room in the Bethesda backyard. Tom's simple suburban setting is totally transformed in this shady refuge (*right*). Again, he uses plants to soften hard edges and provide transition.

Colleen and Stan Freidberg enjoy dinners on this aggregate patio (*below*) overlooking their expansive garden and three ponds. This outdoor dining room is conveniently situated by the kitchen.

PHOTOGRAPH (RIGHT) CAROL HIGHSMITH REGIONAL CONTRIBUTOR THOMAS TAIT (BELOW) STEPHEN CRIDLAND REGIONAL CONTRIBUTOR CATHERINE BRADLEY
DESIGNER HUNTINGTON KIEST



outdoor rooms

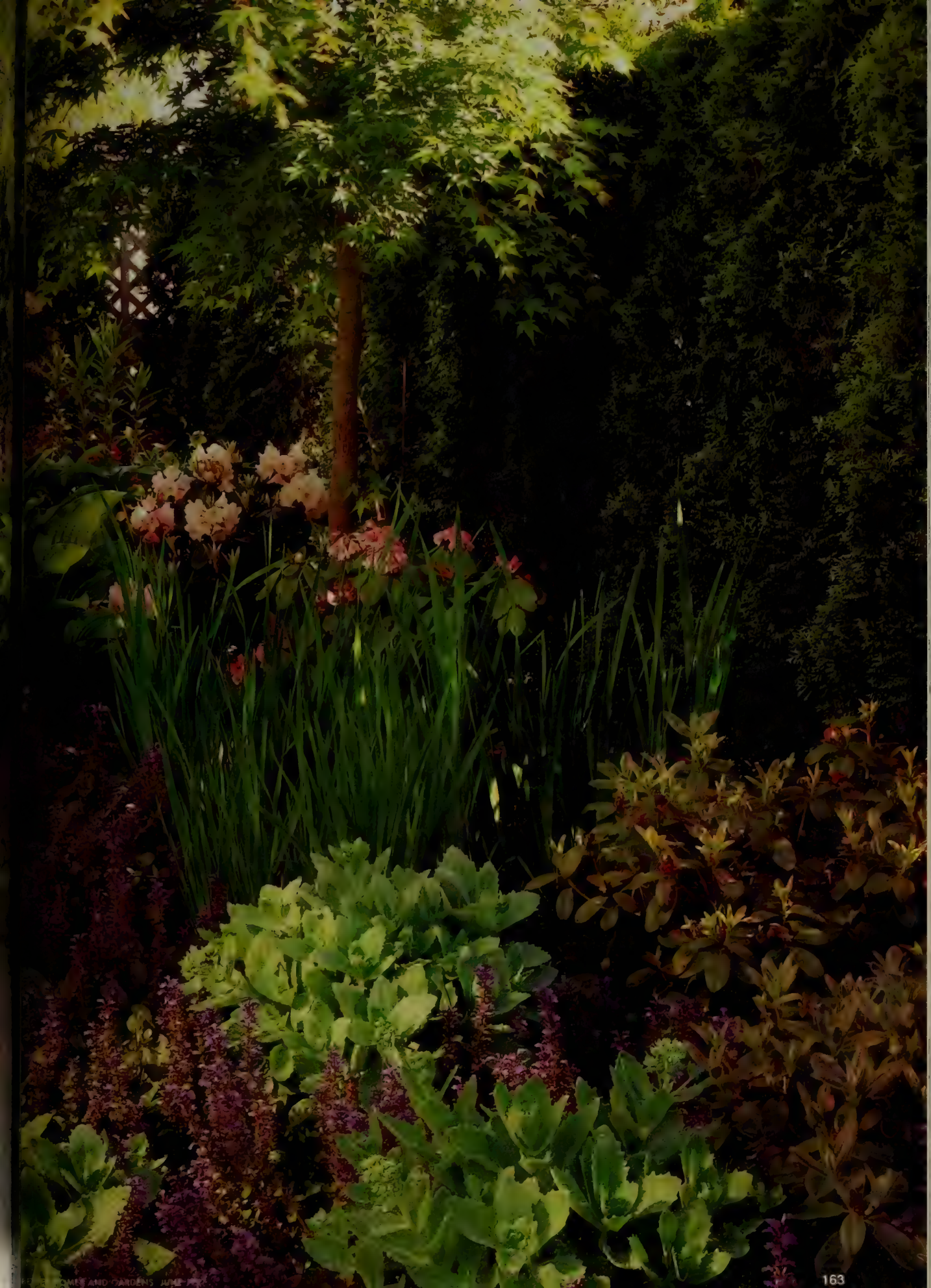




outdoor living

outdoor rooms

Dorcas Dobie and Jerry Radich removed their front lawn and erected lattice fencing to create this welcoming garden and porch in Seattle, Washington. The cottage-garden plantings soften the formal fence while filtering and muffling traffic noise.





PHOTOGRAPH MICHAEL JENSEN, REGIONAL CONTRIBUTOR TRISH MAHARAM

A narrow stream divides this slate terrace in Portland, Oregon (*left*). Recirculating pumps at each end create small waterfalls that splash into miniature ponds.

In San Francisco, Dave DeMattei and Patrick Wade made their backyard patio an extension of their house (*below*). The arbor frames the view of their city garden.

outdoor living

outdoor rooms

Two of the greatest pleasures of outdoor living are 1) going barefoot and 2) dining outside. The first is easily accomplished. Lose the shoes. The second needs a bit of planning, and long before you line up the menu.

You will need furniture. And you will need a steady surface for this furniture. You don't want table legs sinking into muck, tipping the tabletop and spilling your grilled salmon. And you don't want to have to mow around the many, many legs of your furniture either. The solution: dry footing. You will also need a modicum of privacy. A hedge, a shelter, a shade tree, a lattice screen—any will do the trick. But don't cordon off your yard so completely that it looks unfriendly or feels prisonlike. Keep the sight lines softly obstructed, the perimeter, casually enclosed. Now pass me that lemonade. ⌂

Buying information, Page 80



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When Wildflowers *are* Forever

by Craig Summers Black



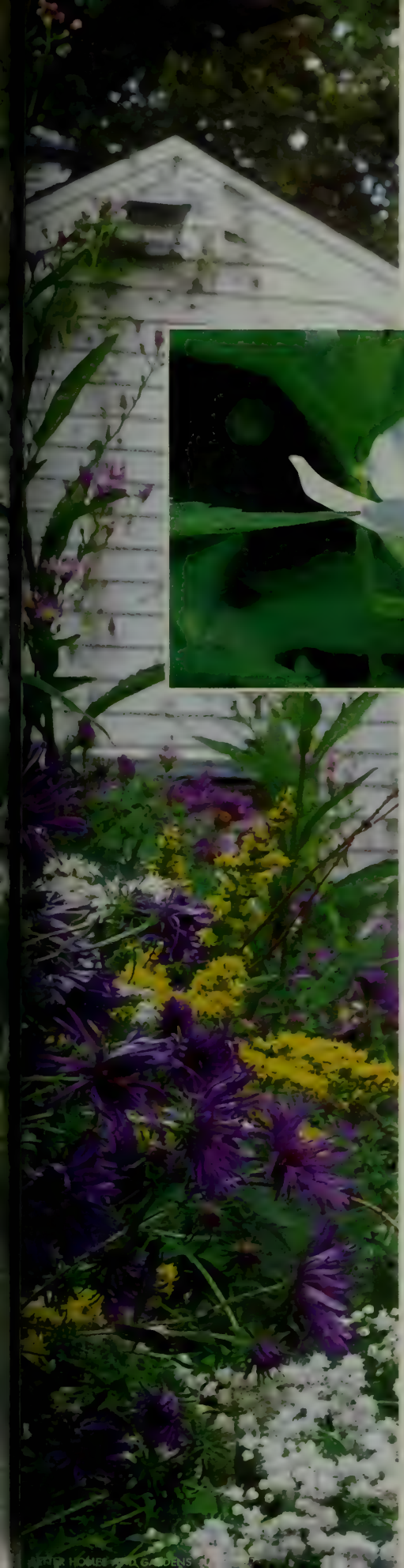




June Hutson acquired a bit of history along with her garden. She knew that history long before she moved into the little brick house built by the previous owner, an ardent gardener and wildflower expert. The previous owner was also a friend. His name was Edgar Denison, and his legacy has become June's tribute to him and the vision he began creating when he first scratched "1933" on a brick and planted a handful of seeds.



When Wildflowers are Forever





Despite Edgar's remarkable passion for wildflowers, he was not a purist. He never constrained himself to wildflowers alone, instead mixing in favorite ornamentals originally from Europe, China, Japan, wherever. In the fall (*left*), yellow goldenrod arches over white boltonia and tall blue New England aster. June is eliminating much of the aster because it is invasive, "but it is very blousy and beautiful in the fall and covered with butterflies and bees." Above, a white anemone—also beautiful, also invasive, but a keeper.

June liked to visit Edgar at his house, now her house, at least once a year for inspiration. His garden—a St. Louis fixture—was wild and unkempt, she says, "but it had so many treasures tucked into its spirit. Each person who visited the garden seemed to have a favorite spot where a small jewel was hidden—tucked in amidst the wildness of the larger plants."

And Edgar would visit June at the Missouri Botanical Center, where she worked, and bring her plants from his garden.

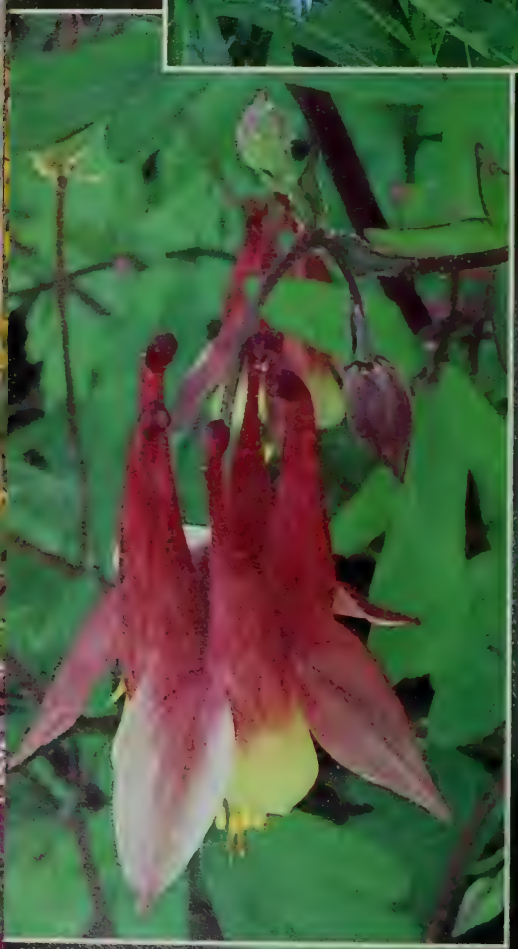
"We had wonderful conversations. I would put his wildflowers in the botanic center's rock garden. Many of his plants were not rock garden plants, but I worked them in. Many of those plants are still there. It came full circle: I became the owner of the plants that he gave that I took care of at the botanic center," she says. "It was very important to St. Louis gardeners that someone who now has his legacy is actually part of that legend."

It is still decidedly Edgar's garden, but June is doing a little thinning and a little tinkering of her own. "I think," she says, "that Edgar would approve."

When Wildflowers are Forever



Amsonia is a great example of a wildflower that makes a stupendous garden plant: cobalt-blue flowers in spring, attractive textured foliage, and brilliant yellow fall color.



This wispy columbine is the wild *Aquilegia canadensis*, a self-seeder that blooms in spring and then sporadically throughout the summer. "Some people shy away from this color combination," says June, "but it is hardier than the pastels."



Swamp milkweed's mid-spring flowers are followed by attractive seed pods. "The snow attached to the pods is really very wonderful," says June.



Bottlebrush buckeye is a spectacular native shrub, but high demand tends to keep it in short supply and make it fairly expensive.





The possum haw is an understory tree whose berries sweeten in late winter when birds need food most. You need male and female plants to set fruit.

Why Grow Wildflowers?

You may not want as wild a garden as June's, but you'll surely want to heed her advice to include wildflowers in your flower beds and borders.

- Wildflowers are tough hombres. They require very little care. Some are drought tolerant.
- Most self-seed readily, coming back year after year, establishing themselves in respectable clumps and often volunteering themselves around your garden.
- Several have berries, good for attracting birds and providing visual relief in the winter. Examples: wintergreen and bunchberry. False indigo has great shiny seedpods, rivaling even the beauty of its blue flowers. Butterfly weed releases wispy silken seeds to the wind.
- But mostly it is their beauty that recommends wildflowers so. Black-eyed Susan, purple coneflower, cardinal flower—these are all wildflowers, and you probably already have at least one of them in your garden.
- Other recommended wildflowers: the tall, orange Turk's-cap lily; golden-orange California poppy; quirky jack-in-the-pulpit; vining Dutchman's-pipe; heart-shaped wild ginger; long-blooming, low-growing gold chrysogonum; spiky (and fragrant) rattlesnake-master; and yellow-and-red blanketflower.





When Wildflowers are Forever

Shooting-star (*above*) is a tiny spring bulb. It naturalizes readily into a carpet of cyclamen-like flowers. In summer (*left*), June's garden bursts with the pink puffs of queen-of-the-prairie, or filipendula, and the upright purple spikes of prairie blazing-star, or gay-feather. "Using wildflowers in an ornamental garden just complements the lovely setting of the ornamentals," says June.

To order wildflower books and seeds, see page 136
Buying information, page 76

Go ahead, pour yourself a cup of decaf.

(Your taste buds won't suspect a thing.)



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under the old oak tree

by William L. Nolan

Most backyards follow a predictable formula: deck plus lawn plus board fence. The owners of this backyard in Kansas City yearned for something more. Beneath their magnificent 120-year-old pin oak, they traded a ho-hum, straight-sides yard for one that offers curvy, cozy ambles through a woodland glen.



outdoor living

under the old oak tree

Now that's a view! The big bay out back now overlooks a sun-drenched flagstone terrace and a picturesque lily pond. Water muddies only the pond's edge, a moss-frosted boulder in one corner.





Large stone slabs bridge the pond, linking two of the terraces with the grassy path. A shallow shelf below the water's edge supports the bog-plant border.

outdoor living

under the old oak tree

The new "lawn" is a grassy path that meanders along the pond, linking three roomlike terraces. One terrace (*above*) nestles at the base of the oak tree. Another tucks into a grove of redbuds in the far corner of the yard (*page 175*), and the third adjoins an outdoor hearth by the pond (*pages176-177*).

To play up the woodsy feel, a variety of bog plants hug the edges of the pond, and clumps of tall grasses punctuate the terraces and the path. For fragrance and nostalgia, the owners worked in clusters of peonies, lilies, and lilacs—throwbacks to the old-fashioned gardens of their childhood. ⌂

Buying information, page 80

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PHOTOGRAPH: ED GOHLICH

rooms with a roof

by Craig Summers Black

Some garden rooms do have walls of wood and a roof up above. Even so, you can plant in them. And on them. Here's a look inside.

outdoor living

rooms with a roof





Sturdy concrete pillars support the hefty trusses of this shady refuge. While the roof is solid to deflect the elements, the wide-open entrance and the lattice sides admit sunlight, breezes, and views of the garden.

The porthole windows in this multifunctional arbor are an inspired touch. Sure, they're a decorative element, but they also reestablish sight lines and go that extra step in bringing the garden into an outdoor room.

PHOTOGRAPH: ED GOHLICH. REGIONAL CONTRIBUTOR: ANDREA CAUGHEY. DESIGNER: BABY BLOOMERS

Maryly Benzian adapted this garden shelter from photos she saw of gardens surrounding English estates. "There were no plans," she says, "just pictures from books as a guide." This romantic structure—she calls it a "Windsorette"—echoes the nostalgic nature of her 1898 home on Coronado Island off the coast of San Diego. The banquette seating makes it a cozy but spacious place for lounging, dining, and impromptu gatherings. "We use it most as a place to entertain," she says, "for a cocktail hour before dinner or a place for a cup of coffee with a friend."

To order plans, see page 147

outdoor living

rooms with a roof

When Janet Stevenson had her south-facing patio redone, she knew she wanted more space, some shade, and stone planters. An ingenious design made the flower beds the foundation of a classic arbor. The space is larger and shadier, with two ceiling fans to further cut the heat of a Kansas City, Missouri, summer. And the new patio also is divided into little rooms in and of themselves.

"We're really happy with this," says Janet. "The old patio was just one big area." As you might expect, Janet likes to entertain outdoors more often now. "When we have friends over, we like to sit out here. And we eat meals out here a lot in the evenings and on weekends."



Janet and Elizabeth Stevenson share a moment on their new, larger patio (*above*). "The old patio was very hot, and we needed some protection from the sun," Janet says. "We use this area much more than we did the old patio area. It's a lot more comfortable."

To order plans, see page 147

PHOTOGRAPHS: ROY INMAN REGIONAL CONTRIBUTOR: SUSAN ANDREWS DESIGNER: KEN HAYES

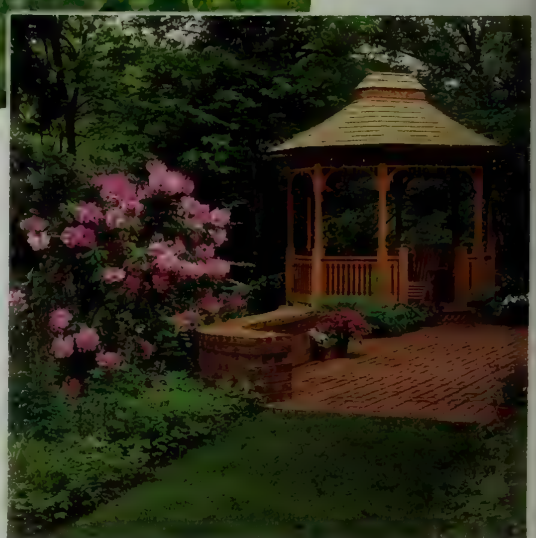

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rooms with a roof



Gravel paths wend their way past a teak bench (*left*). Raised perennial beds of cut stone display daisies, lilies, and sedums.

A clipped-grass walkway segues into a formal brick patio, offering outdoor seating outside the gazebo (*below*).



And here's a look at two versions of the classic Victorian gazebo. Jay and Wanda Dishman put in their gazebo on the far slope of their Portland, Oregon, yard (*above*), taking advantage of views not only of their garden, but also of the city lights down below and the snowcapped mountains in the distance. In Milwaukie, Oregon, James Britt and Jerry Heade took a more formal approach in their shade garden (*right*). Notice how the difference in path material (casual gravel, formal brick) reflects the two gardening styles.

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by Sharon Overton

warm welcomes



Don't be afraid to lavish outdoor spaces with temporary luxuries. Here, an elegant skirt hides an ordinary patio table; sisal softens a wood deck. All can be whisked away if rain threatens.

Save the folding lawn chairs for the backyard barbecue. These outdoor living spaces are as comfortably lush as any room in the house. To create your own welcoming porches, look for furniture and fabrics that encourage lounging. And don't forget the details—throws for snuggling and pillows for resting easy.

Buying information, page 80


warm welcomes





First impressions mean a lot. When planning a front porch, consider how it will appear from the street. The colorful door, comfortable chairs, and flowerpots *(above)* say "welcome."

Cool blues and greens are the visual "glue" that binds this charming collection of vintage furnishings. When painting floors and furniture, look for paint that resists sun and moisture damage.

PHOTOGRAPHS LAURIE BLACK REGIONAL CONTRIBUTOR BARBARA MUNDALL

What could be more neighborly than a front porch big enough to accommodate anyone who happens to stroll by? This dual-purpose space rolls out the welcome mat with bright color, ample seating, and vintage fabrics and accessories that add personality and warmth.

Splitting the porch into smaller gathering spots counteracts the tunnel effect of the long, narrow space. Also, dividing off part of the space for a glassed-in sunroom provides a safe haven during inclement weather.

A grouping of wicker and café chairs, linked by a large round table and a smaller folding table and anchored by a lattice-patterned rug, further defines the open-air porch. An old-fashioned swing, turned to face the street, offers ample opportunity for people-watching. Even the front stoop gets cozied up with a pair of comfortably mismatched chairs. An antique chest hung by the door could stash garden tools or mail.


warm welcomes

Soften outdoor spaces with potted plants and personality-filled accessories. Vintage-style birdcages (*left*) accentuate the airy space. A flat of pansies can be moved to the garden later.

Let climate and architecture be your cues for color choices. The intense sun of the Southwestern desert inspired this rich red and gold palette with accents of black and cool cobalt blue.

In temperate climates, outdoor spaces are just as important—and used just as much—as those indoors. And furniture is virtually interchangeable. But even if you aren't blessed with year-round sunshine, you can take your cue from this charming all-season porch. Wicker furniture forms the foundation of the conversation grouping (*left*). But the real homeyness comes from unexpected wooden accent pieces, fun accessories, and country fabrics that are more often found inside the house.

Pine furniture, such as the armoire and coffee table (*left*) and buffet (*below*), echoes the rustic appearance of the porch's wooden posts and beams. Time outdoors only improves the wood's weather-worn appearance. Just make sure it isn't exposed to moisture for prolonged periods of time, because untreated pine dry-rots. Sealing the wood with beeswax furniture polish will extend its life span. Or, choose a species that is weather resistant.



PHOTOGRAPHS: JAMES YOCHUM, REGIONAL CONTRIBUTOR: CLAUDIA FRANKLIN

warm welcomes



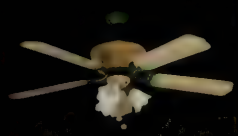
White wicker is the essence of easy outdoor living. Though getting expensive and harder to find, vintage pieces still turn up occasionally at flea markets and tag sales. Don't worry if you can't find a complete matching set. Wicker's airy lines make it perfect for mixing. Consider inviting in new pieces, or even the occasional wooden table or chair. Here, a coat of fresh white paint keeps it all in the family.

When setting the porch for an impromptu tea party or just Sunday morning with the paper, pamper yourself with a few little luxuries, such as good silver and crystal, a favorite framed photo, and a pitcher of roses. And just in case the morning stretches lazily into late afternoon, bring out an old-fashioned floor lamp to finish the paper by.

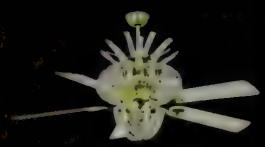
When buying old or new wicker, lean heavily on it to make sure the joints don't wobble. Also, check to make sure the wicker is tightly woven and there aren't any torn or fraying spots.



They're so quiet,
we had to make them beautiful
just so you'd notice them.



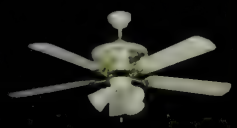
Vineyard



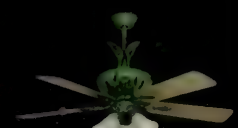
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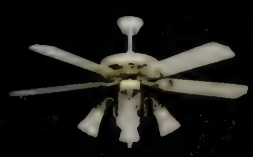
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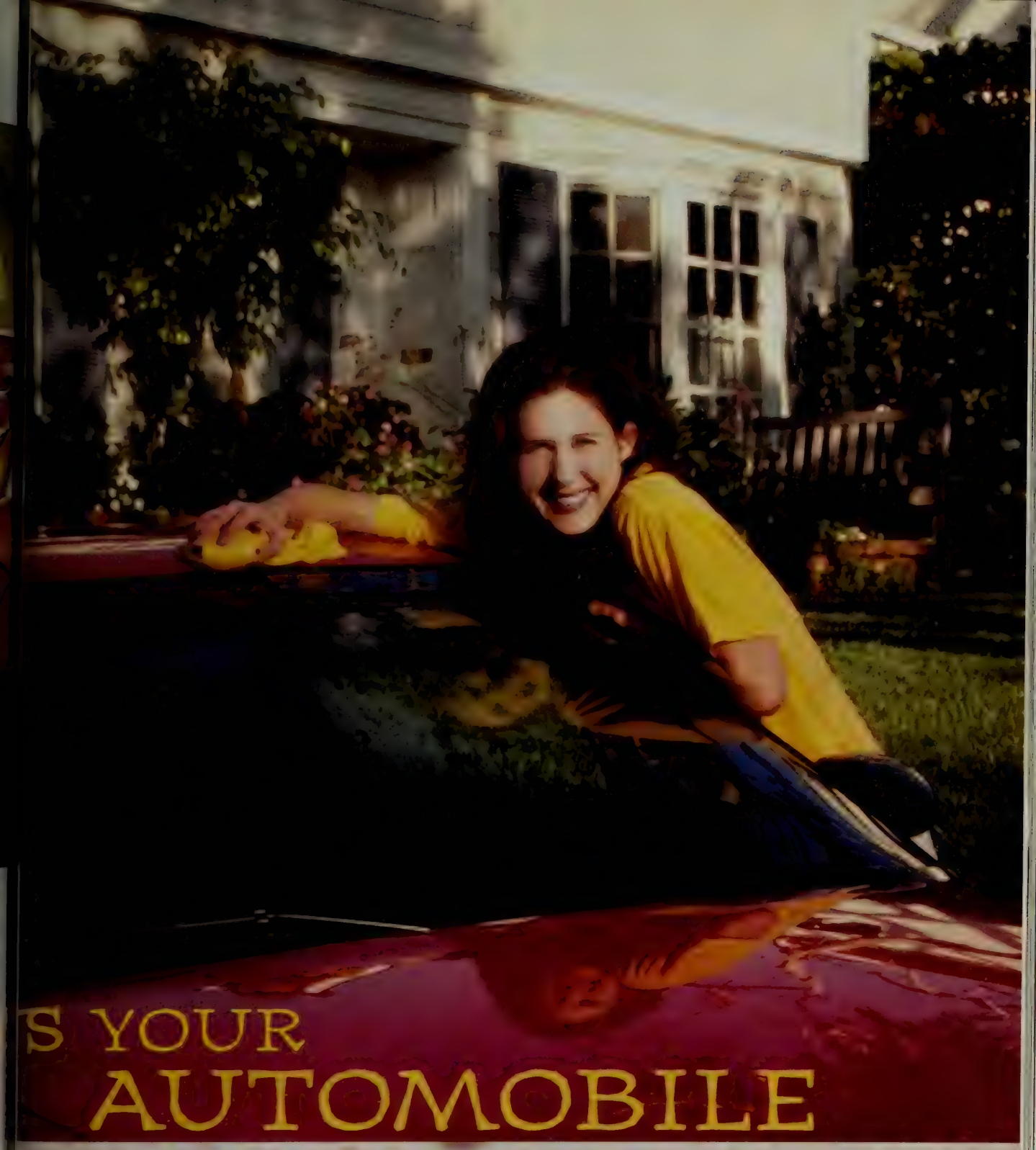
warm welcomes



Unpainted, wicker's warm, honeyed tones enhance our connection to nature. On a screened porch, natural wicker can be easier to care for since it will get richer with age and won't require occasional repainting. Keep in mind, however, that ordinary wicker—even painted wicker—isn't well suited to prolonged exposure to the elements. If you plan to use your wicker outdoors, look for pieces that have a protective vinyl coating or are constructed of all-weather materials.

To keep things warm and natural, pair unpainted wicker with fabrics that have a washed, worn quality, such as this cream-and-indigo print. A sisal mat and rattan chest, which doubles as a coffee table, add rustic, woven texture. (Similar pieces can be purchased at import stores.) A thermal-weave throw and solid color pillows provide softness.

The curvy iron chairs (*above*) are good partners for wicker because both have a raw, natural quality. Like wicker, iron furniture should be protected from moisture since it will rust with time.



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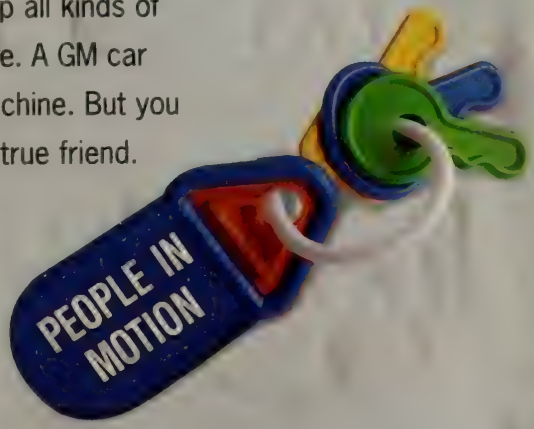
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decorating with a light touch

by Rebecca Jerdee





The first step to uncomplicating your life just may be to uncomplicate your decorating. Sure, it sounds too good to be true, until you visit the Delaware cottage of Laura Burrows-Jackson and her husband Michael Jackson, where decorating—and life—have a certain breezy quality.

Buying information, page 80

a light touch

Making the most of their small space, the Jacksons knocked out a wall to a former sunporch to gain an open great room with a windowed dining area. Clustered in a grouping oriented toward the bookcase and fireplace wall (here and on pages 204 and 205), the seating pieces are arranged to create a cozier room within a room. A sun-and-sea palette adds warmth and sparkle.




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A [illegible] fireplace makes a focal point for the living area. Bold accessories and vibrant patterns—used sparingly—give the style its crisp personality.

a light touch

Some houses embody such character that giving them a name seems the thing to do. Obligingly, the Jacksons came up with a fitting one for their soulful, 60-year-old place: "No Problem." Here, in what started as a primitive squatter's house, design style and lifestyle are one. The guiding philosophy of both is simple: Have a little faith in fun.

An interior designer, Laura wanted to bring hassle-free simplicity into her home's design, in both appearance and function. She began by establishing an easy palette drawn from the most basic of elements: the sun, sea, and sky. Sparkling yellow and vivid blue fabrics are kept in check by white paint doused over walls, ceilings, and floorboards, some of which are the humble pine from squatter days. She says, "I love the simple cheerfulness of yellow, white, and blue."



A plate collection in the entry announces the color palette that unifies each room. A painted-on "rug" decorates the stairs with colorful charm, and a poster that repeats the colors anchors the landing.





A [illegible] creates a focal point for the living area. Bold accessories and vibrant patterns—used sparingly—give the style its crisp personality.

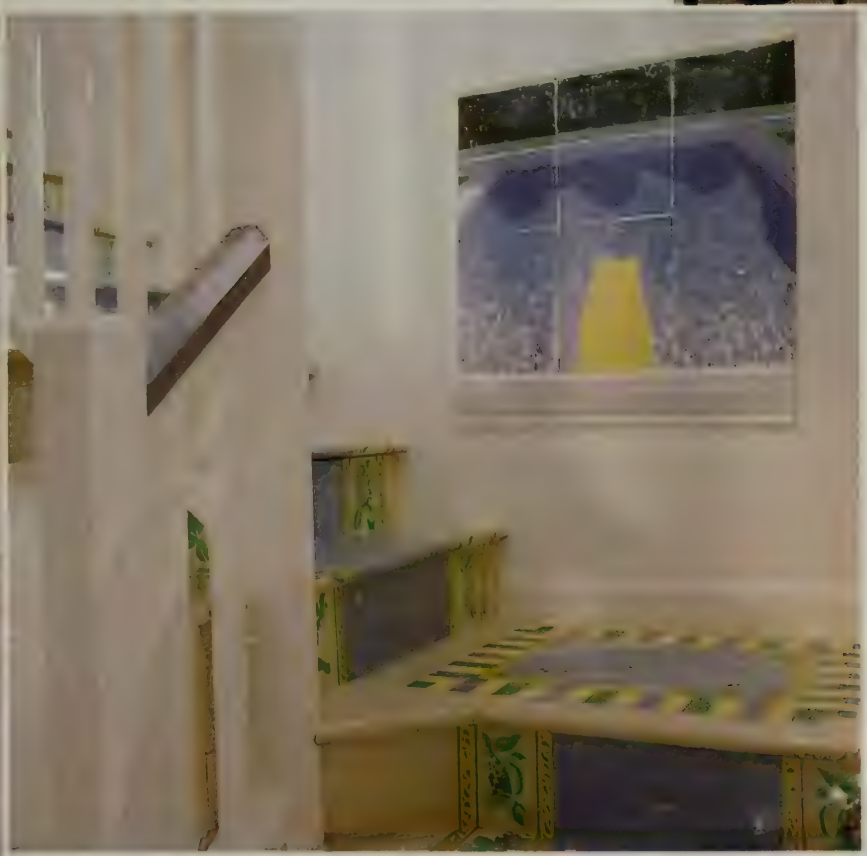
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Painted white, pine-paneled master bedroom walls reveal the home's humble origins. A new octagonal window tucked into the gable admits a gentle stream of sunlight. Whites and pale blues dominate for serenity; yellow adds warmth.

The main color-bearers are easy-care cotton fabrics in splashy stripes and mini-prints, along with a smattering of yellow-and-blue plates and affordable poster art. The home's accessories are few in number but bold in scale. As a result, they shore up the interior personality rather than water down the design with a lot of little things. In the master bedroom, for instance, a trio of parrot prints has enough strength of character to stand in for a headboard.

Taking her decorating cues exclusively from the cottage's salty surroundings—and beginnings—helps Laura keep the look simple. Even in newly added rooms such as the master bath, beadboard pays tribute to the construction of the original cottage while amenities such as a large soaking tub and access to a small adjoining sundeck bring it into the present.



a light touch

Lightened up design—marked by cleanable surfaces, casual wicker, and poster art—sets the tone for a lifestyle that's equally carefree. This approach leaves plenty of time for impromptu potlucks on the deck.





In some cases, the furnishings not only nod to the home's past, but were part of it. The wicker chairs found throughout the cottage were original to the house and sold with it. "They were in terrible condition, but it was worth it for me to have them repaired and painted," says Laura, who values the wicker's classic, carefree look as well as its link to the past.

Carefree and connected neatly sums up the Jacksons' style. Proof rests in this tiny upstairs guest room, which gets its character from affordable and findable elements: bright bedding, a few artful accents, and a classic quilt. All in all, this cottage illustrates just how easy decorating can be. In fact, it seems to be no problem at all.





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- 1¼ cups prepared chunky salsa
- 1 cup shredded Cheddar cheese
- 8 medium flour tortillas, warmed

1. In large nonstick skillet, brown ground beef over medium heat 10 to 12 minutes or until no longer pink, stirring occasionally. Pour off drippings.
2. Season beef with chili powder, cumin, ½ teaspoon salt and ¼ teaspoon pepper. Stir in spinach and salsa; heat through. Remove from heat; stir in cheese.
3. Spoon ½ cup beef mixture in center of each tortilla. Fold bottom edge up over filling; fold sides to center, overlapping edges. Makes 8 burritos.

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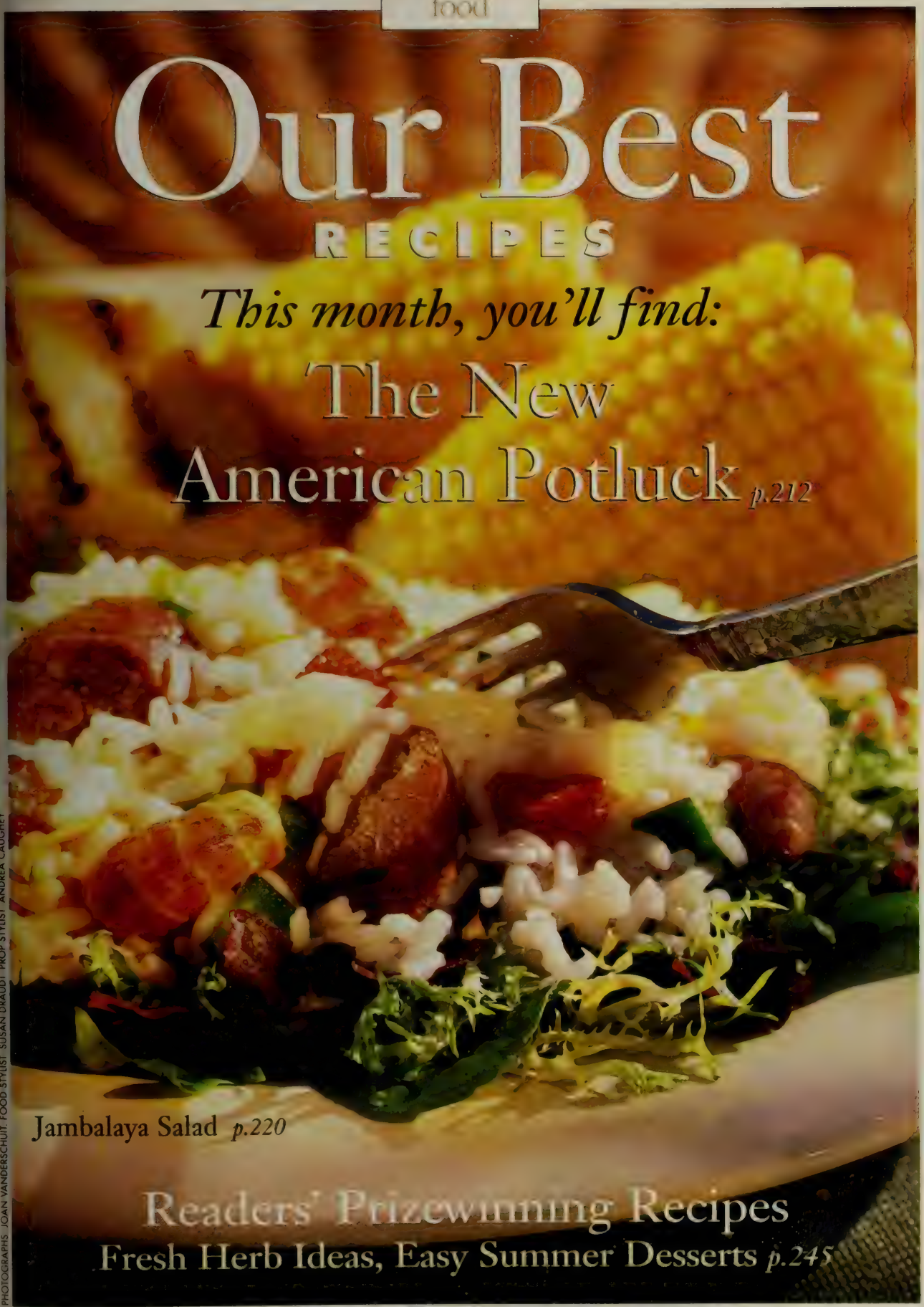
BEEF

IT'S WHAT'S FOR DINNER®

Our Best RECIPES

This month, you'll find:

The New American Potluck *p.212*



Jambalaya Salad *p.220*

Readers' Prizewinning Recipes

Fresh Herb Ideas, Easy Summer Desserts *p.245*

PHOTOGRAPHS: JOAN VANDERSCHUIT. FOOD STYLIST: SUSAN DRAUDT. PROP STYLIST: ANDREA CAUGHEY

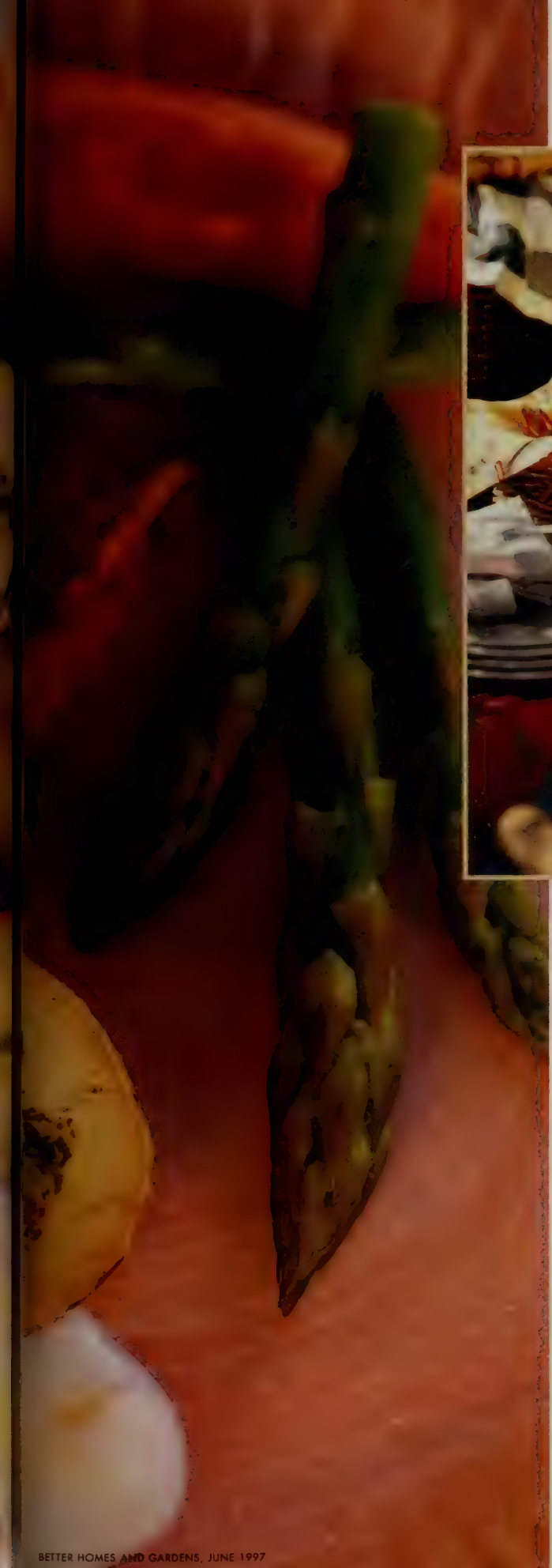
The New American Potluck

by Joy Taylor

Take a taste of our fresh potluck menu. It's loaded with summery fruits, vegetables, and herbs, and lightly accented with worldly flavors that are now at home on American tables. Each dish is easy to pack up and carry to your gathering place. Once served, it's guaranteed to bring some smiles.









Pork Pinwheels with Roasted-Garlic Mayonnaise

Wrap pork tenderloin around an Italian herb filling (it's like pesto), then roast the meat till juicy and fork-tender. Tote and serve the pinwheel slices, chilled, with the mayo and asparagus on the side.

Triple Cheese Pasta Casserole You can count on a pasta dish to be a real crowd pleaser at any potluck buffet. Cream cheese, Parmesan, and smoked Gouda cheese give this serves-12 casserole a "Can I have the recipe?" reputation.

Recipes begin on page 220





Mediterranean Salad Platter Roasted peppers, Greek olives, feta cheese, and fresh tomato slices—simply sensational!

Moroccan Chicken with Cucumber-Melon Relish Familiar seasonings, including ginger, cumin, garlic, cinnamon, coriander, and pepper, mingle in a homemade marinade that wakes up grilled chicken. A cuke-cantaloupe relish fans the fire.



Beef Steak in Thai Marinade, Parsnip-Fruit Salad Sirloin sops up the curry, coconut, and lemon flavors in this magical marinade. A sweet parsnip-raisin salad is an easy pass-around.

Recipes begin on page 223

The New American Potluck











Pineapple Cooler Crowd control in a pitcher: keeps 'em cool and costs pennies per serving.

Cardamom Ice Cream What's a potluck gathering without an ice-cream maker whirring in the background? Surprise regalers this year with a vanilla version lightly spiced with ground cardamom.

Italian Cream Tarts These only *look* fussy, and they sure do impress. Why not be the one to show up with pastries decked out with berries and chocolate? Frozen puff pastry is your jump-start ingredient.

Recipes begin on page 228

The New American Potluck





Floribbean Pound Cake Sample a classic American dessert with a tropical twist. Lime and coconut on the inside; mango, kiwi, more coconut, and whipped cream on the outside. Hear the calypso band?

Champagne Fruit Bowl Looking for a really easy last-minute idea? Call on your favorite summer fruits and a bottle of bubbly (or carbonated juice).

Recipes begin on page 230

Buying information, page 80



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ou've got it made when you prepare your meal with fresh tasting Dole® Canned Pineapple. t-free, low in sodium, and delicious, it's perfect for people who love to eat, but like it light.

Garden Patch Pizza

sh 12-inch pizza crust with 1 tbsp. vegetable oil. **Spoon** 1 cup pizza sauce over crust. **Top** with 1-1/2 cups shredded low-fat mozzarella cheese, 1 cup drained DOLE Pineapple Tidbits Chunks, 1 cup cooked broccoli florets, 1/4 cup sliced red bell per and 2 tbsp. chopped green onion. **Bake** at 425°F 20 min. until crust is golden brown. **Serve.** Makes one 12-inch pizza.

Per serving: 190 calories, 4g fat (1g sat.), 6mg cholesterol, 322mg sodium, 26g carbohydrate, 12g protein





Tropical Berry Blast

Combine 1 ripe DOLE Banana, quartered, 1 can (8 oz.) DOLE Crushed Pineapple, drained, 1 cup milk and 1/2 cup fresh *or* frozen raspberries *or* strawberries in blender or food processor container. **Cover;** blend until thick and smooth. **Serve** immediately. Makes 2 servings.

Per serving: 209 calories, 3g fat (2g sat.), 9mg cholesterol, 64g sodium, 43g carbohydrate, 5g protein

Black Bean Luau Salad

Combine 1 can (20 oz.) DOLE Pineapple Chunks, drained, 1 can (14-16 oz.) black beans, rinsed and drained, 1-1/2 cups cooked white *or* brown rice, 1-1/2 cups cubed cooked chicken breast, 1 medium red *or* green bell pepper, chopped, 1/2 cup chopped celery and 1/2 cup chopped green onion in large bowl. **Pour** 1/2 cup fat free *or* light honey Dijon dressing over salad; toss to coat. **Serve.** Makes 8 servings.

Per serving: 260 calories, 2g fat (1g sat.), 32mg cholesterol, 204mg sodium, 42g carbohydrate, 18g protein

Potluck Recipes

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Jambalaya Salad

Andouille sausage and crawfish tails give an authentic Cajun taste to this robust salad. If your market doesn't stock these southern specialties, you can substitute other smoked sausage or cooked shrimp.

- 2 cups long-grain rice
- 4 cups water
- ⅛ tsp. salt
- ½ lb. cooked andouille sausage or other cooked, smoked sausage
- 1 Tbsp. olive oil
- 2 cups chopped onion
- 1 lb. cooked and peeled crawfish tails or cooked, peeled, and deveined shrimp
- 2 medium tomatoes, chopped (about 1⅓ cups)
- 1½ cups chopped green, red, and/or yellow sweet pepper
- ½ cup snipped parsley
- 1 recipe Citrus-Pepper Dressing
- 8 cups mixed salad greens (such as Swiss chard, kale, mustard greens, arugula, and/or leaf lettuce)

In a large saucepan combine rice, water, and salt. Bring to boiling; reduce heat. Cover and simmer for 15 minutes. Remove from heat; rinse rice well with cool water. Drain and set aside.

Bias-slice sausage into ½-inch pieces. In a large skillet brown sausage over medium-high heat for 2 to 3 minutes. Drain off fat. Remove sausage from skillet. Add the oil to skillet; cook onion in hot oil till tender, stirring occasionally.

In a very large bowl combine rice, sausage, onion, cooked crawfish tails or shrimp, tomato, sweet pepper, and parsley. Add the Citrus-Pepper Dressing; toss well. Cover and chill for 4 to 24 hours.

To serve, arrange greens on a large platter; top with the chilled seafood mixture. Makes 16 to 20 servings.

Citrus-Pepper Dressing: In a screw-top jar combine ⅓ cup olive oil; 2 teaspoons finely shredded orange peel; ⅓ cup orange juice; ¼ cup lemon juice; 1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed; 4 cloves garlic, minced; ½ teaspoon salt; ¼ to ½ teaspoon ground red pepper; and ¼ teaspoon pepper. Cover and shake dressing well. Use immediately or chill. Shake again before using.

Nutrition facts per serving: 237 cal., 11 g total fat (2 g sat. fat), 49 mg chol., 341 mg sodium, 25 g carbo., 1 g fiber, 11 g pro. Daily Values: 8% vit. A, 57% vit. C, 4% calcium, and 14% iron.

Potluck tip: Tote the seafood mixture and the mixed greens separately in a cooler. When ready to serve, place a bed of greens on a large platter; stir the seafood mixture thoroughly and spoon over the greens.



Starting from the short side, roll up the flattened tenderloin around the parsley filling.

Pork Pinwheels with Roasted-Garlic Mayonnaise

A single slice will do as an appetizer portion; two or three make a meal when partnered with other potluck favorites.

- 3 leeks, thinly sliced (1 cup)
- 1 Tbsp. olive oil
- 1 cup snipped parsley
- 2 Tbsp. snipped fresh thyme or 1 tsp. dried thyme, crushed
- ¼ cup grated Parmesan or Romano cheese
- ¼ tsp. salt
- ¼ tsp. pepper
- 3 Tbsp. olive or cooking oil
- ¼ cup chopped walnuts
- 2 12-oz. pork tenderloins
- Roasted-Garlic Mayonnaise

In a medium skillet cook leeks in the 1 tablespoon olive oil till tender; remove from heat.

In a blender container or food processor bowl combine parsley, thyme, Parmesan or Romano cheese, salt, and pepper. Cover and blend or process with several on-off turns till finely chopped. With the machine running, gradually add the 3 tablespoons oil; blend or process to the consistency of soft butter. Add leeks and nuts; process with several off-on turns till coarsely chopped. Set aside.

Remove fat and paper-thin membrane from surface of tenderloins. Use a sharp knife to cut each tenderloin lengthwise to, but not through, opposite side. Cover one tenderloin with clear plastic wrap. Using the flat side of a meat mallet and working from center to edges, pound the tenderloin to a 12x8-inch rectangle. Remove wrap; repeat with the remaining tenderloin.

Sprinkle tenderloins lightly with additional *salt* and *pepper*. Spread half the parsley mixture evenly over each tenderloin to within 1 inch of edges. Roll up each tenderloin from a short side (see photo, *at left*). Tie rolls with string, if necessary. Insert a meat thermometer in center of one tenderloin. Place meat, seam side down, on a rack in a shallow roasting pan.

Roast, uncovered, in a 325° oven for 45 to 60 minutes or till thermometer registers 160°. Cool about 30 minutes at room temperature. Remove string; cut into slices about ½ inch thick. Cover and chill. Serve with Roasted-Garlic Mayonnaise. Makes about 32 slices.

Roasted-Garlic Mayonnaise: Peel away outer skin from 1 medium head garlic. Cut off the pointed top portion with a knife, leaving the bulb intact but exposing the individual cloves. Place in a small baking dish; drizzle with 2 teaspoons olive oil. Bake, covered, alongside the meat,

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In heaven, no one bakes.



Philly No-Bake Summer Cheesecake

Prep time: 10 minutes plus refrigerating

1 pkg. (8 oz.) PHILADELPHIA BRAND Cream Cheese or PHILADELPHIA BRAND Neufchatel Cheese, 1/3 Less Fat than Cream Cheese, softened
1/3 cup sugar
1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed
1 ready-to-use graham cracker crumb crust (6 oz. or 9 in.)

Mix cream cheese and sugar with electric mixer on medium speed until well blended. Gently stir in whipped topping.

Spoon into crust. Refrigerate 3 hours or overnight. Top with fresh fruit or cherry pie filling. Makes 8 servings.

A little taste of heaven.

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Potluck Recipes

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for 45 to 60 minutes or till cloves are very soft. Cool slightly. Press to remove garlic "paste" from individual cloves. Mash garlic with tines of a fork. Stir together garlic paste and ½ cup light mayonnaise dressing or salad dressing. Thin mixture with a little milk, if necessary. Cover and chill till serving. Makes about ½ cup.

Nutrition facts per slice with 1 teaspoon mayonnaise: 79 cal., 5 g total fat (1 g sat. fat), 16 mg chol., 82 mg sodium, 2 g carbo., 0 g fiber, 5 g pro. Daily Values: 1% vit. A, 5% vit. C, 1% calcium, 3% iron.

Potluck tip: Tightly wrap chilled pork slices in foil; pack the Garlic Mayonnaise in a covered container. Keep both on ice till serving time.

Triple Cheese Pasta Casserole

Macaroni and cheese is all dressed up with extra cheese, fresh oregano, and a hint of nutmeg. It's a sure crowd pleaser!

- 12 oz. tricolored corkscrew macaroni (rotelle)
- 1 16-oz. pkg. frozen yellow, green, and red sweet peppers and onion stir-fry vegetables
- 3 Tbsp. all-purpose flour
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. ground nutmeg
- 2 Tbsp. snipped fresh oregano or basil; or 1 tsp. dried oregano or basil, crushed
- 3½ cups milk
- 8 oz. smoked Gouda cheese, shredded (2 cups)
- ½ of an 8-oz. pkg. cream cheese, cut up
- ⅓ cup finely shredded Parmesan cheese
- Sliced plum tomatoes (optional)
- Snipped fresh oregano or basil (optional)

In a large pot cook corkscrew macaroni in lightly salted boiling water for 7 minutes. Add the frozen

vegetables; return to boiling. Cook for 2 minutes more or till pasta is tender. Drain well.

In a screw-top jar combine flour, salt, pepper, nutmeg, dried herb (if using), and 1 cup of the milk; shake well. Transfer to a large saucepan; add remaining 2½ cups milk. Cook and stir over medium-high heat till slightly thickened and bubbly. Gradually add cheeses, stirring till melted. Stir in cooked pasta and vegetables and fresh herb (if using). Transfer to a lightly greased 3-quart rectangular baking dish.

Bake, covered, in a 350° oven for 25 minutes or till heated through. If desired, garnish with thinly sliced plum tomatoes and additional snipped fresh oregano or basil. Makes 8 cups (16 side-dish servings).

Nutrition facts per serving: 202 cal., 8 g total fat (5 g sat. fat), 30 mg chol., 239 mg sodium, 22 g carbo., 1 g fiber, 10 g pro. Daily Values: 29% vit. A, 15% vit. C, 17% calcium, and 3% iron.

Potluck tip: Bake the casserole just before leaving home. Wrap the hot casserole in several layers of newspaper and a heavy towel; place the wrapped casserole in a large cardboard box or an insulated container to tote. It should stay warm for up to two hours. (Or, chill the unbaked casserole for up to 4 hours and tote it in a cooler; bake the casserole once you arrive at your potluck site in a 350° oven for 35 to 40 minutes or till heated through; stir before garnishing and serving.)

Mediterranean Salad Platter

For a stunning platter presentation, use assorted colors of sweet peppers, such as red, yellow, and orange, and both red and yellow tomatoes.

- 8 large sweet peppers
- 2 large tomatoes, sliced
- Napa cabbage leaves and lettuce leaves (optional)
- 2 Tbsp. olive oil
- 1 cup kalamata olives
- ½ cup crumbled feta cheese (2 oz.)
- 1 Tbsp. snipped fresh tarragon or basil (optional)
- Fresh herb sprig such as tarragon or basil (optional)

Cut peppers in half lengthwise; removed stems, seeds, and membranes. Place, cut side down, on a large foil-lined baking sheet. Bake in a 450° oven for 15 to 20 minutes or till skins are blistered and bubbly. Fold up foil on baking pan around peppers to form a packet, sealing edges; let stand 20 minutes to loosen skins. Peel peppers; cut into strips. Cover and chill till serving time.

To serve, arrange roasted pepper strips and tomato slices on a platter lined with Napa cabbage leaves and lettuce leaves. Drizzle oil over peppers and season with *salt* and *pepper.* Sprinkle olives, feta, and snipped herb over peppers. Garnish with fresh herb sprig, if desired. Makes 10 to 12 servings.

Nutrition facts per serving: 78 cal., 6 g total fat (1 g sat. fat), 5 mg chol., 129 mg sodium, 6 g carbo., 1 g fiber, 2 g pro. Daily Values: 6% vit. A, 82% vit. C, 3% calcium, 3% iron.

Potluck tip: Assemble the platter at home and tote it tightly wrapped with plastic wrap in a cooler.

Moroccan Chicken with Cucumber-Melon Relish

It's the kicky blend of seasonings that gives this grilled chicken its Moroccan roots.

- ½ cup lemon juice
- ⅓ cup olive oil
- 4 cloves garlic, minced
- 3 Tbsp. grated gingerroot
- 2 Tbsp. ground cumin
- 4 tsp. ground coriander
- 1 Tbsp. salt
- 1 Tbsp. ground cinnamon
- 1 Tbsp. paprika
- 2 tsp. ground red pepper
- 1½ tsp. pepper
- 6 to 8 lb. meaty chicken pieces (skinned, if desired)
- 1 recipe Cucumber-Melon Relish (see recipe, *page 226*)

continued on page 226

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Potluck Recipes

continued from page 223

For marinade, in a small bowl stir together the lemon juice, oil, garlic, gingerroot, cumin, coriander, salt, cinnamon, paprika, red pepper, and pepper. Place chicken in two large plastic bags set in two large bowls. Pour half of the marinade over chicken in each bag. Seal bags and turn several times to distribute the marinade. Marinate chicken in the refrigerator for 4 to 24 hours, turning bags occasionally. Drain chicken, discarding marinade.

Grill chicken on the rack of an uncovered grill directly over medium coals for 35 to 45 minutes or till chicken is no longer pink, turning once. Serve with Cucumber-Melon Relish. Makes 12 servings.

Nutrition facts per serving (without relish): 294 cal., 16 g total fat (4 g sat. fat), 104 mg chol., 360 mg sodium, 2 g carbo., 0 g fiber, 34 g pro. Daily Values: 6% vit. A, 5% vit. C, 3% calcium, 16% iron.

Potluck tip: Confirm that grills will be available at your gathering. Then you can tote the marinating chicken on ice in your cooler. Keep the relish in a covered container on ice till you're ready to serve the chicken. Another option is to grill the chicken at home and serve it chilled.

Cucumber-Melon Relish

Our taste testers liked how this refreshing mix contrasted with the spiciness of the Moroccan Chicken. It also pairs well with grilled pork or fish.

- 1 medium cantaloupe (3 lb.), seeded, peeled, and chopped (3 cups)
- ½ of a small honeydew melon (1½ lb.), seeded, peeled, and chopped (1½ cups)
- 1 medium cucumber, seeded and chopped (1½ cups)
- ¼ cup sliced green onions
- 2 Tbsp. lemon juice
- 2 Tbsp. snipped fresh mint
- 1 Tbsp. honey

In a large bowl combine chopped melon, cucumber, and green onions. In a small bowl combine lemon juice, snipped mint, and honey; mix well. Pour the honey mixture over melon mixture. Toss gently to coat. Cover and chill relish for up to 8 hours.

Stir before serving, and serve with a slotted spoon. Makes about 4 cups (12 servings).

Nutrition facts per ⅓ cup serving: 30 cal., 0 g total fat, 0 mg chol., 6 mg sodium, 7 g carbo., 1 g fiber, 1 g pro. Daily Values: 13% vit. A, 41% vit. C, 0% calcium, 2% iron.

Beef Steak in Thai Marinade

You may need to visit a specialty market to purchase a few of these marinade ingredients, but we think you'll find it's worth the trip. For children and friends who prefer milder tasting dishes, use the lesser amount of the red curry paste.

- 2½ lb. boneless beef sirloin steak, cut 1 inch thick
- ½ cup unsweetened coconut milk
- ½ stalk lemongrass, trimmed and coarsely chopped, or ⅛ tsp. finely shredded lemon peel
- 3 Tbsp. lime juice
- 2 Tbsp. fish sauce or soy sauce
- 2 to 4 Tbsp. red curry paste
- 2 tsp. sugar

Trim fat from meat. Place meat in a plastic bag set in a shallow dish.

For marinade, in a blender container or food processor bowl combine coconut milk, lemongrass or lemon peel, lime juice, fish sauce or soy sauce, red curry paste, and sugar; cover and blend or process till smooth. Pour marinade over meat. Close bag; refrigerate for 4 to 24 hours, turning bag occasionally. Drain steaks, reserving marinade.

Grill the steak on the grill rack of an uncovered grill directly over medium-hot coals for 12 to 15 minutes or to desired doneness, turning once and brushing once with reserved marinade halfway through. Discard any remaining marinade. Remove steak from grill; let stand for 5 minutes. Thinly slice meat across the grain. Makes 10 servings.

Nutrition facts per serving: 233 cal., 12 g total fat (6 g sat. fat), 77 mg chol., 210 mg sodium, 3 g carbo., 0 g fiber, 26 g pro. Daily Values: 3% vit. A, 2% vit. C, 1% calcium, 20% iron.

Potluck tip: Keep the meat soaking in the marinade as you transport it on ice. Then grill the meat just before everyone gathers to eat. Remember to pack a long-handled brush (to brush on the marinade as the meat cooks), long-handled tongs, and a sharp knife.

Parsnip-Fruit Salad

Children may be more partial to the salad if it's made with snipped parsley; adults will find the parsnip-tarragon match more intriguing.

- 2 lbs. parsnips
- 1 cup assorted dried fruit, such as cranberries, pineapple, apricots, and raisins
- ¼ cup lemon juice
- ¼ cup olive oil
- ¼ cup frozen pineapple or apple juice concentrate, thawed
- 1 Tbsp. snipped fresh tarragon or 2 Tbsp. snipped parsley
- ¼ tsp. salt
- ¼ tsp. ground cinnamon

Using a vegetable peeler, peel parsnips; bias-slice ½ inch thick. Cook parsnips in lightly salted boiling water for 7 to 9 minutes or till crisp-tender; drain and cool. Meanwhile, if desired, coarsely chop larger pieces of dried fruit, such as pineapple or apricots. In a large bowl combine dried fruits with lemon juice, olive oil, juice concentrate, tarragon or parsley, salt, and cinnamon; stir mixture well.

Add parsnips to fruit mixture; toss to coat. Cover and chill at least 2 hours. Makes 8 to 10 servings.

Nutrition facts per serving: 219 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 81 mg sodium, 40 g carbo., 7 g fiber, 2 g pro. Daily Values: 4% vit. A, 40% vit. C, 4% calcium, 8% iron.

continued on page 228

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KIKKOMAN

THE BIG SECRET IN THE LITTLE BOTTLE

Potluck Recipes

continued from page 226

Pineapple Cooler

To dress up a pitcher of this simple beverage, freeze edible flowers and mint sprigs in ice cubes. Serve each glassful with a Fruit Swizzle Stick.

- 1 12-oz. can frozen pineapple juice concentrate, thawed
- 1 6-oz. can frozen limeade concentrate, thawed
- 4 cups cold water
- 1 liter club soda, chilled
- Ice cubes
- Fresh strawberries (optional)
- Fruit Swizzle Sticks (optional)

In a large pitcher combine pineapple juice concentrate, limeade, and water. Chill well. To serve, transfer fruit juice mixture to pitchers; add club soda, ice cubes, and fresh strawberries. Serve with Fruit Swizzle Sticks, if desired. Makes 14 (6-ounce) servings.

Pineapple Rum Cooler: Prepare Pineapple Cooler as directed except increase water to 6 cups, add 1½ cups rum or tequila, and omit the club soda.

If desired, serve alcoholic variation as a slush. Omit ice cubes. Pour mixture (without club soda) into one 13x9x2-inch pan or two 8x8x2-inch pans. Cover and freeze overnight. To serve, scrape the top of the frozen mixture with a spoon to form a slush and spoon into glasses. Serve plain with spoons or stir chilled club soda into the slush mixture, if desired.

Fruit Swizzle Sticks: On short (6-inch) wooden skewers, thread assorted fruits such as halved orange slices, halved lime slices, orange sections, raspberries, strawberries, sliced kiwifruit, and mint sprigs.

Nutrition facts per nonalcoholic serving: 66 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 17 mg sodium, 17 g carbo., 0 g fiber, and 0 g pro. Daily Values: 0% vit. A, 19% vit. C, 1% calcium, and 1% iron.

Cardamom Ice Cream

The aromatic spice cardamom has a flowery sweet taste reminiscent of ginger but more subtle. Serve the custardy ice cream in cups or cones.

- 1½ cups sugar
- 2 Tbsp. all-purpose flour
- 5 cups milk
- 4 beaten egg yolks
- 1 Tbsp. vanilla
- 1½ tsp. ground cardamom
- 1 tsp. finely shredded lemon peel
- 3 cups whipping cream

In a large saucepan stir together sugar and flour. Gradually stir in 2 cups of the milk. Cook and stir over medium heat till thickened and bubbly. Cook 1 minute more. Stir about 1 cup of the hot mixture into beaten egg yolks; return to remaining hot mixture in saucepan. Cook and stir just till mixture returns to boiling. Remove from heat. Stir in vanilla, cardamom, lemon peel, and remaining milk. Cool slightly. Cover the surface with plastic wrap.

Refrigerate several hours or overnight till thoroughly chilled. Stir in whipping cream. Freeze in a 4- or 5-quart ice cream freezer according to manufacturer's directions. Makes about 2 quarts (16 servings).

Nutrition facts per ½-cup serving: 286 cal., 19 g total fat (12 g sat. fat), 120 mg chol., 57 mg sodium, 25 g carbo., 0 g fiber, 4 g pro. Daily Values: 32% vit. A, 1% vit. C, 10% calcium, 1% iron.

Italian Cream Tarts

Berries, pastry, and cream—no one will want to resist! The pastry cream is laced with mascarpone cheese, a soft cheese similar to cream cheese but more buttery tasting and smoother.

- ⅓ cup sugar
- ¼ cup all-purpose flour
- 1 cup milk
- 3 beaten egg yolks
- 2 Tbsp. liqueur (such as clear creme de cacao, orange, or raspberry) or 1 tsp. vanilla
- 1 17¼-oz. pkg. frozen puff pastry, thawed (2 sheets)
- 1 8-oz. carton mascarpone cheese (1 cup)
- 4 oz. semisweet chocolate, cut up
- 1 Tbsp. shortening
- Assorted fresh berries (optional)



When cutting the pastry into tart shapes, cut out an even number of each shape, since two cutouts are pressed together to form a taller tart shell.

For the pastry cream, in a medium saucepan combine sugar and flour; gradually stir in milk. Add egg yolks, beating till smooth. Cook and stir over medium heat till thickened and bubbly, stirring often. Remove from heat; stir liqueur or vanilla into pastry cream; pour into a bowl and cover surface with plastic wrap. Cool, then chill.

For tart shells, thaw pastry according to package directions. Unfold pastry sheets, one at a time, on a lightly floured surface. Roll lightly to minimize ridges. Using 2½- to 3-inch cookie cutters, cut out about 24 tarts (be sure to cut out an even number of each shape); place half of them on an ungreased baking sheet and prick each a few times with a fork. Using 1½- to 2-inch cutters (of the same design or round), cut the middle out of the remaining pastries, reserving cutouts.

Brush edges of the tarts on baking sheet with water and top with tarts that have the middles cut out; press gently to fuse layers together (see photo, *above*). Arrange small cutouts on another ungreased baking sheet.

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Cooking Tips

1. For best tasting kebabs, turn the skewers often so that all sides are evenly grilled.

2. To keep barbecued food fully moist, add salt just before serving.

Try This Recipe

Western Barbecued Chicken

Ingredients: 8-12 chicken drumsticks, 12 oz. can chili sauce, 2 Tbs. Worcestershire, 1 chopped pimento, 2 Tbs. vinegar, salt, pepper.

Blend all ingredients except chicken and salt. Grill the drumsticks, turning them from time to time. Then brush with sauce and grill for another 5 to 10 minutes. Add salt and serve with corn on the cob.

Serve with vegetables.

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Potluck Recipes

continued from page 228

Bake pastries in 400° oven till puffed and golden, allowing 7 to 9 minutes for small cutouts and 10 to 12 minutes for larger tarts. Cool pastries completely.

Up to 1 hour before serving time, add mascarpone cheese to chilled pastry cream; beat with an electric mixer on low speed till smooth. Carefully spoon mixture into tart shells. Melt semisweet chocolate and shortening together in a small saucepan over very low heat, stirring constantly. Remove from heat. Spread a thin layer of chocolate over tops of small cutouts. Pipe or drizzle remaining chocolate over the cream-filled tarts; refrigerate both till chocolate is set.

To serve, arrange filled tarts and chocolate-glazed cutouts on large platter and surround with berries. Makes 12 servings.

Nutrition facts per filled tart: 377 cal., 27 g total fat (8 g sat. fat), 79 mg chol., 176 mg sodium, 30 g carbo., 1 g fiber, 8 g pro. Daily Values: 9% vit. A, 0% vit. C, 2% calcium, and 4% iron.

Potluck tip: These tarts are best reserved for when the potluck is near home. That way, you can fill the pastry shells close to serving time, and the chocolate drizzle won't get messy en route to a faraway spot.

Floribbean Pound Cake

The key to a light and tender pound cake (or any cake, in fact) is to properly measure the flour: Stir the flour in the canister, then lightly spoon it into a measuring cup for dry ingredients and level off the top. Never pack the flour into the measuring cup.

- 3 cups all-purpose flour
- 1½ tsp. baking powder
- 1½ cups butter, softened
- 1½ cups sugar
- 6 eggs
- 4 to 5 tsp. finely shredded lime peel (about 3 limes)
- ⅓ cup canned unsweetened coconut milk or milk
- ½ cup sugar
- ⅓ cup lime juice
- ½ to 1 cup toasted coconut
- Whipped cream (optional)
- Assorted tropical fruits such as mango slices and kiwifruit slices

Stir together the flour and baking powder; set aside.

In a large mixing bowl beat butter with an electric mixer on medium speed for 30 seconds. Gradually add the 1½ cups sugar, 2 tablespoons at a time, beating on medium-high speed about 6 minutes total or till very light and fluffy. Add eggs, one at a time, beating 1 minute after each addition, scraping bowl often. Beat in lime peel.

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SPECIAL OFFER

Our special Italian Cream Tarts Kit contains all the items you'll need to duplicate the recipe above. From Fox Run Craftsmen, the kit contains four 3-inch cutters (diamond, star, heart, and daisy shapes) and four 1½-inch cutters (diamond, star, heart, and circle) to make the tarts (shown on page 228). We've also included an eight-piece icing set. The price of the kit is $18.95, which includes shipping, handling, and applicable sales tax. TO ORDER, send a check or money order to *Better Homes and Gardens*® Reader Shopping Service, Dept. 9706, Box 9128, Des Moines, IA 50306-9128. Visa, Mastercard, and American Express card users may call 800/881-4066.



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WISH-BONE MARINATED CHICKEN ITALIANO

¾ cup WISH-BONE® ITALIAN DRESSING
6 boneless, skinless chicken breast halves (about 1½ lbs.)

In shallow dish, pour ½ cup dressing over chicken. Cover and marinate in refrigerator up to 3 hours.

Remove chicken, discarding marinade. Grill or broil, turning and brushing with remaining dressing, until chicken is no longer pink. Serve with grilled marinated vegetables. Makes 4 servings.

TO BAKE, marinate as above, using ½ cup Wish-Bone Italian Dressing. Bake chicken with marinade at 425° for 20 minutes or until chicken is no longer pink.

APRICOT-GLAZED CHICKEN

½ cup WISH-BONE® ITALIAN DRESSING
2 teaspoons ground ginger (optional)
2½–3 pounds chicken pieces
¼ cup apricot or peach preserves

In shallow dish, blend dressing and ginger. Add chicken; turn to coat. Cover and marinate in refrigerator 3 to 24 hours.

Remove chicken, reserving ¼ cup marinade. Boil reserved marinade 1 minute. Stir in preserves until melted.

Grill or broil chicken until chicken is no longer pink, brushing with preserve mixture during last 5 minutes. Makes 4 servings.



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Potluck Recipes

continued from page 230

Gradually add flour mixture to butter mixture, beating on medium-low speed just till combined. Beat in coconut milk or regular milk. Spread batter evenly into a greased and floured 10-inch fluted tube pan. Bake in a 325° oven for 55 to 60 minutes or till a toothpick inserted near center comes out clean.

Meanwhile, for syrup, in a small saucepan combine remaining ½ cup sugar and lime juice; heat over medium heat to dissolve sugar.

Cool cake in the pan on a wire rack for 10 minutes. Invert cake onto a cooling rack (place a sheet of waxed paper under the rack). Prick top and sides of cake with a toothpick and brush with the syrup. Immediately sprinkle with coconut. Cool. Serve slices of cake with whipped cream, any remaining coconut, and fresh fruit, if desired. Makes 18 servings.

Nutrition facts per serving: 335 cal., 19 g total fat (11 g sat. fat), 112 mg chol., 212 mg sodium, 39 g carbo., 1 g fiber, 4 g pro. Daily Values: 17% vit. A, 3% vit. C, 8% iron.

Champagne Fruit Bowl

Have fruit, will travel. Bring along a mini bottle of champagne, too.

- 4 apples and/or pears, cored and cut up
- ¼ cup orange juice
- 2 Tbsp. lemon juice
- 4 cups assorted summer fruits, such as halved strawberries; melon balls; sliced nectarines, peaches, or plums; and seedless grapes
- 3 Tbsp. sugar
- 2 tsp. finely shredded orange peel
- 1 187-ml bottle champagne or ¾ cup white grape juice, chilled
- ⅓ cup toasted sliced almonds (optional)
- Edible geranium leaves and marigolds (optional)

In a large bowl combine cut-up apples and/or pears with the orange juice and lemon juice; toss gently to prevent fruit from discoloring. Add remaining fruit, the sugar, and shredded orange peel; toss again. Cover and refrigerate fruit mixture for up to 2 hours.

Just before serving, stir in chilled champagne or grape juice; sprinkle with toasted sliced almonds, if desired. Garnish with geranium leaves and marigolds. Makes about 12 servings.

Nutrition facts per serving: 81 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 16 g carbo., 2 g fiber, 1 g pro. Daily Values: 5% vit. A, 35% vit. C, 0% calcium, 1% iron.

Potluck tip: Carry the mixed fruit mixture and mini bottle of champagne or grape juice on ice in a cooler. Drown the fruit in champagne just before serving so diners can enjoy the bubbly.

New Potato Salad with Fennel

Show up at your annual potluck gathering with this lighter variation of a summer classic.



Olive oil, lemon juice, and mustard dress the potatoes, fennel, and summer squash.

- 2 fennel bulbs
- 3 lbs. whole tiny new potatoes, quartered
- 3 small yellow summer squash, sliced ¼-inch thick
- ⅓ cup olive or salad oil
- ⅓ cup lemon juice
- 2 Tbsp. coarse-grain brown mustard
- 1 tsp. sugar
- 2 cloves garlic, minced
- ½ tsp. salt
- ⅛ tsp. pepper
- ¼ cup thinly sliced green onion
- Watercress, curly endive, or other greens (optional)

Cut off and discard upper stalks from fennel bulbs. Remove tough outer layer of bulbs; cut off a thin slice from base. Cut fennel bulbs into thin wedges.

In a covered large pot cook new potatoes in boiling, lightly salted water for 7 minutes; add fennel wedges and squash slices. Cook for 1 to 2 minutes more or till potatoes are just tender and fennel is crisp-tender; drain vegetables well. Let cool about 1 hour.

continued on page 234



Potluck Recipes

continued from page 233

In a screw-top jar combine oil, lemon juice, mustard, sugar, garlic, salt, and pepper. Cover and shake well. Add to potato mixture along with green onion; gently toss to combine. Cover and chill.

Serve potato salad on a bed of fresh watercress, curly endive, or other greens, if desired. Makes 12 servings.

Nutrition facts per serving: 181 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 142 mg sodium, 29 g carbo., 2 g fiber, 3 g pro. Daily Values: 1% vit. A, 37% vit. C, 3% calcium, 13% iron.

Smoked Catfish Pâté

After smoking the catfish fillets on the grill, process them into an appetizer spread accented with lemon, garlic, and pepper. Your mini food processor is the perfect size for this amount of mixture. Or, buy smoked, cooked catfish instead.

- 1 lb. fresh or frozen skinless catfish fillets (about ¾- to 1-inch thick)*
- 1 cup hardwood chips, soaked in water about 1 hour
- 1 3-oz. pkg. cream cheese, cut up
- ¼ cup milk
- 2 Tbsp. snipped parsley
- 2 tsp. finely shredded lemon peel
- 2 Tbsp. lemon juice
- 2 cloves garlic, minced
- ¼ tsp. salt
- ¼ tsp. ground red pepper
- Toasted baguette slices or crackers (optional)
- Vegetable dippers (such as cooked asparagus spears, carrot sticks, and cherry tomatoes) (optional)
- Lemon peel curls (optional)
- Fresh herb sprigs (optional)

Thaw fish, if frozen. In a covered grill arrange preheated coals around a foil drip pan. Test for medium heat above the pan. Drain wood chips and sprinkle over coals. Prick a few holes in a piece of heavy foil large enough to hold fish and place on rack above drip pan. Place the fish on foil. Grill catfish, covered, for 8 to 12 minutes (about 4 to 6 minutes per ½-inch thickness of fish) or till fish begins to flake easily with a fork. Cool completely, then break fish into pieces, removing any bones.



A new-style dip that carries the smoky flavor from the grill to the platter.

Place fish in food processor bowl. Cover and process till nearly smooth. Add cream cheese, milk, parsley, lemon peel, lemon juice, garlic, salt, and red pepper. Cover and process till mixture is smooth. (Or, in a mixer bowl beat together the cream cheese, milk, parsley, lemon peel, lemon juice, garlic, salt, and red pepper with an electric mixer; beat till smooth. Flake the cooked fish and stir into the cream cheese mixture.)

Spoon into a serving bowl and chill at least 2 hours or for up to several days. Serve as a spread for toasted baguette slices, crackers, or vegetables. Garnish pâté with lemon peel and fresh herb sprigs, if desired. Makes about 2 cups.

**Note:* Instead of smoking the fish yourself, you can substitute ¾ pound smoked, cooked catfish for the fresh or frozen fillets. Look for smoked fish in fish markets or in mail-order catalogs. Simply flake the smoked catfish and mix with the cream cheese mixture as directed. If the catfish is seasoned, omit the salt.

Nutrition facts per tablespoon: 31 cal., 2 g total fat (1 g sat. fat), 12 mg chol., 37 mg sodium, 0 g carbo., 0 g fiber, 3 g pro. Daily Values: 1% vit. A, 1% vit. C, 0% calcium, 1% iron.

Buttermilk-Pecan Brownies with Sour Cream Frosting

You can count on brownies to do a quick disappearing act when they're part of a potluck menu.

- 1 cup butter or margarine
- ¾ cup granulated sugar
- ¾ cup packed brown sugar
- 3 eggs
- ¼ cup buttermilk or sour milk*
- 1 tsp. vanilla
- 1⅓ cups all-purpose flour
- ½ tsp. baking soda
- ½ cup finely chopped toasted pecans
- 5 oz. semisweet chocolate, melted and cooled
- ½ tsp. ground cinnamon
- 1 recipe Sour Cream Frosting (see recipe, *page 236*) or sifted powdered sugar**
- Chocolate curls (optional)

Grease a 13x9x2-inch baking pan; set aside. In a medium saucepan melt butter or margarine over low heat. Cool slightly. Stir granulated sugar and brown sugar into melted butter. Add eggs, one at a time, beating by hand just till combined. Stir in buttermilk or sour milk and vanilla.

Stir together flour and baking soda. Add flour mixture to egg mixture; stir just till combined. Divide batter into 2 equal portions (about 1¾ cups each). Stir pecans into one portion and spread this batter in prepared pan. Bake in a 350° oven for 10 minutes. Stir the melted chocolate and cinnamon into the remaining batter; blend well. Spread the chocolate batter over partially baked brownies. Continue baking about 20 minutes or till toothpick inserted in center comes out clean. Cool. Frost with Sour Cream Frosting or sift with powdered sugar; garnish with chocolate curls. Makes 36 bars.

continued on page 236



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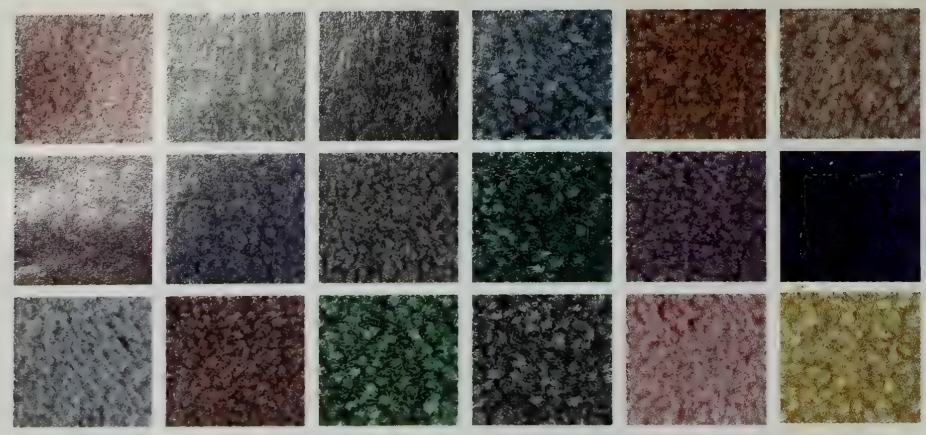
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For Other Questions about the magazine, write the Better Homes and Gardens® Reader Service, 1716 Locust Street, Des Moines, Iowa 50309-3023.

Potluck Recipes

continued from page 234

Nutrition facts per frosted bar: 174 cal., 10 g total fat (5 g sat. fat), 36 mg chol., 92 mg sodium, 22 g carbo., 0 g fiber, 2 g pro. Daily Values: 7% vit. A, 0% vit. C, 1% calcium, 3% iron.

**To make sour milk*, place ½ teaspoon lemon juice in a glass measuring cup; add enough milk to make ¼ cup liquid total.

***If you opt to simply sift powdered sugar over the brownies, lightly place a wire cooling rack over the brownies before topping with sugar; this adds an interesting design to the top of the brownies.

Sour Cream Frosting

- ⅓ cup dairy sour cream
- ¼ cup butter or margarine, softened
- 1 tsp. vanilla
- 3 cups sifted powdered sugar

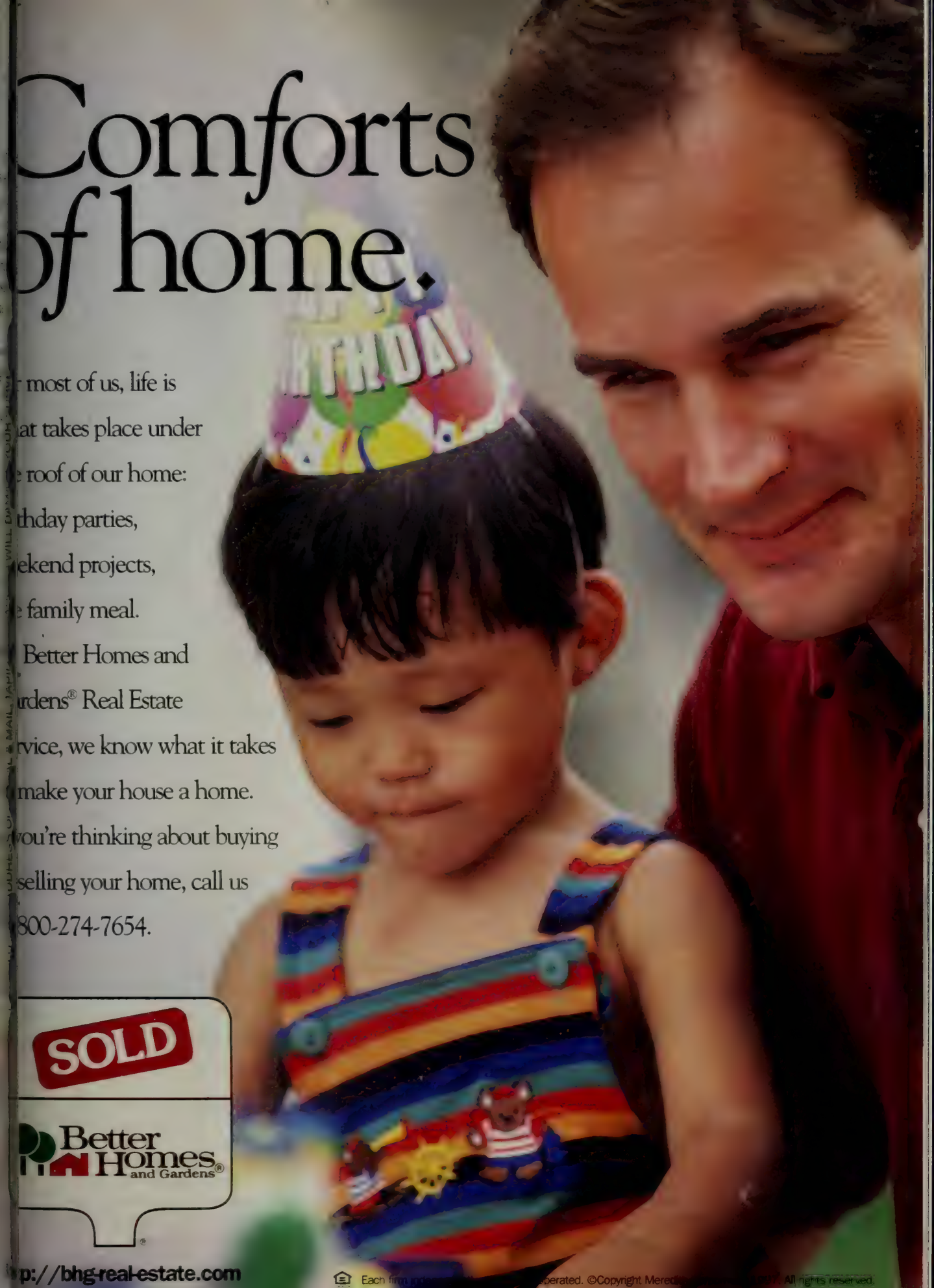
In a medium mixing bowl beat together the sour cream, butter or margarine, and vanilla with an electric mixer on low speed till smooth. Gradually add powdered sugar, beating on low speed till smooth and spreadable. Makes 1½ cups.

Fudgy Brownies

Plain or nutty? Frosted or topped with caramel? There are several ways you can dress this dessert, or you can add a cream cheese swirl before baking. Any way you make them, these brownies are sure to please.

- ½ cup butter or margarine
- 3 oz. unsweetened chocolate
- 1 cup sugar
- 2 eggs
- 1 tsp. vanilla
- ⅔ cup all-purpose flour
- ¼ tsp. baking soda
- ½ cup chopped nuts (optional)
- 1 recipe Chocolate Cream Cheese Frosting with Drizzles or Caramel Topping (optional) (see recipes, *page 238*)

continued on page 238


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Potluck Recipes

continued from page 236

In a medium saucepan melt butter or margarine and unsweetened chocolate over low heat, stirring constantly. Remove from heat; cool.

Meanwhile, grease an 8x8x2- or 9x9x2-inch baking pan; set aside. Stir sugar into chocolate mixture in saucepan. Add eggs, one at a time, beating by hand just till combined. Stir in vanilla.

In a small mixing bowl stir together the flour and baking soda. Add flour mixture to chocolate mixture; stir just till combined. Stir in nuts, if desired. Spread the batter into the prepared pan.

Bake in a 350° oven, allowing 30 minutes for an 8-inch pan or 25 minutes for a 9-inch pan. Cool on a rack.

If desired, frost with Chocolate Cream Cheese Frosting, then spoon or pipe with Chocolate Drizzle and/or White Chocolate Drizzle. Or, drizzle with Caramel Topping. Makes 16 bars.

Nutrition facts per bar: 152 cal., 9 g total fat (5 g sat. fat), 42 mg chol., 86 mg sodium, 18 g carbo., 0 g fiber, 2 g pro. Daily Values: 6% vit. A.

Chocolate Cream Cheese Frosting with Drizzles

- ½ cup semisweet chocolate pieces
- 1 3-oz. pkg. cream cheese, softened
- 2 to 4 Tbsp. powdered sugar
- 1 recipe Chocolate Drizzle and/or White Chocolate Drizzle (optional)

In a small saucepan melt semisweet chocolate pieces over low heat, stirring constantly. Cool. In a small mixing bowl stir together the cream cheese and sugar. Stir in chocolate till smooth. Spread frosting over cooled brownies. Let frosting set, then top with Chocolate and/or White Chocolate Drizzles, if desired.



For your next potluck, choose from Buttermilk-Pecan Brownies (at right with Sour Cream Frosting and chocolate curls; at center with sifted powdered sugar); Fudgy Brownies (at left with Chocolate Cream Cheese Frosting with Drizzles); Cheesecake Swirl Brownies (front center).

Chocolate Drizzle: In a small saucepan combine 1 ounce unsweetened chocolate, 2 tablespoons margarine or butter, and 2 tablespoons milk. Stir constantly over low heat till melted. Remove from heat. Stir in 1 cup sifted powdered sugar and ½ teaspoon vanilla, beating till smooth.

White Chocolate Drizzle: Prepare Chocolate Drizzle, substituting 1 ounce white baking chips (¼ cup) for the unsweetened chocolate.

Caramel Topping

Instead of frosting, add a gooey touch.

- 12 vanilla caramels
- 1 Tbsp. margarine or butter
- 4 tsp. milk

In a small saucepan combine caramels, margarine or butter, and milk. Stir over medium-low heat till smooth. Cut unfrosted brownies into bars; drizzle the warm caramel mixture over bars. Allow the caramel to set before serving.

Cheesecake Swirl Brownies

- 1 recipe Fudgy Brownies (recipe begins on *page 236*)
- 2 3-oz. pkg. cream cheese, softened
- 1 egg

Prepare the batter for Fudgy Brownies as directed; set aside. Grease an 8x8x2- or 9x9x2-inch baking pan; set aside.

In a medium mixing bowl beat together cream cheese and egg. Spread two-thirds of the brownie batter in pan. Drizzle cream cheese mixture atop. Drop remaining brownie batter by spoonfuls on top of cream cheese batter. Using a knife, gently swirl to create a marbled effect. Bake in a 350° oven, allowing 40 minutes for the 8-inch pan or 30 minutes for the 9-inch pan Cool on a wire rack. Makes 16 bars.

Nutrition facts per bar: 195 cal., 13 g total fat (7 g sat. fat), 67 mg chol., 122 mg sodium, 18 g carbo., 0 g fiber, and 3 g pro. ♦

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MEDITERRANEAN *Couscous* SALAD

n (13-3/4 ounces) vegetable broth
p packaged couscous
n (10 ounces) chickpeas (garbanzo beans), drained
p sliced green onions, including tops
p (4 ounces) crumbled feta cheese
n (2-1/4 ounces) sliced ripe olives, drained
cup prepared Italian vinaigrette dressing
uce

In a medium saucepan, bring *vegetable broth* to a boil. Stir in *couscous*. Remove pan from heat, cover and let stand 5 minutes. Transfer *couscous* to large bowl and fluff with fork. Let stand 5 minutes, then fluff again. Mix in *chickpeas, onions, cheese* and *olives*. Pour *dressing* over mixture and toss lightly with a fork. Serve on a bed of *lettuce*. Serves *6*.

Nutrition Information Per Serving :
402 calories; *26 g* fat; *34 mg* cholesterol; *1172 mg* sodium; *36 g* carbohydrate; *8 g* fiber; *10 g* protein

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Sandwich in the Round

Nothing sounds more delicious than a sandwich made with the zesty, peppy taste of HORMEL® pepperoni.

- 1 one pound loaf unsliced round sourdough bread
- ½ head lettuce, torn into bite-size pieces
- 2 tablespoons Italian salad dressing
- 1 tomato, sliced
- 3½ oz. HORMEL® sliced salami
- ¼ lb. sliced mozzarella cheese
- 3½ oz. HORMEL® sliced pepperoni (sandwich style or regular)
- ¼ lb. LIGHT & LEAN 97® smoked ham, thinly sliced

Cut loaf in half horizontally. Remove soft bread from inside of each half to within ½ inch of edge. Toss lettuce with dressing. Layer half of lettuce, tomato, salami, cheese, pepperoni, ham and remaining lettuce on bottom half of loaf. Cover with top half of loaf. To serve, slice into wedges. 6 servings.





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the clever cook™

Each month, you'll find tips from good cooks in this column. See *below* to find out how you can earn money for sharing your cooking secrets.

CHEAP DISHES FOR POTLUCK

When I go to garage sales, I often buy a whole box of mismatched china pieces for as little as $1. I use them for taking food to a potluck event. After the meal, I tell the hostess to keep the dish. We're both winners because she has a new dish, and I don't have to take a dirty one home.

Karen Ann Bland, Gove, Kan.

BRIDAL SHOWER MEMORIES

When my bridesmaids mailed shower invitations for me, they included a recipe card and requested that everyone submit a favorite chocolate recipe (knowing my fondness for chocolate!). At my shower they presented the recipes to me in a recipe box. With each guest's name on her recipe card, I have a lasting memory of each.

Laura Bailey, Liverpool, N.Y.

THE SCOOP ON ICE CREAM

I attended a party where the hostess put scoops of ice cream in baking cups, placed them on a tray, and kept them in the freezer till dessert time. All she had to do for sundaes was pull the scooped ice cream out of the freezer and let guests decide the flavor and quantity they wanted.

Beth Russell, Campbell, Calif.

Be a Clever Cook

We're looking for original ideas that make cooking easier or more rewarding. We pay $25 for each published tip. Send tips to: The Clever Cook, *BH&G* Food Dept., 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited. All letters become the property of *Better Homes and Gardens* magazine.



Favorites Forever

Talk about a golden oldie! When readers wrote and told us about their favorite BH&G recipe, Mrs. Anne Trach of Lancaster, Pennsylvania, sent us photocopies of the fragile pages from her mother's March 1927 issue. Asheville Salad is pictured there—in black and white, of course. That year, this recipe won 10 dollars in My Husband's Favorite Salad recipe contest because of its "general goodness." Too bad there's no clue how the salad got its name. But it could also go by tomato aspic.

Asheville Salad

Tastes do change over time, especially over 70 years. That's why we updated this salad using lower-fat ingredients and reduced-sodium soup while boosting the fresh flavors. Serve it with other salad offerings for a summer buffet or enjoy slices on the side with dinner.

- 1 envelope unflavored gelatin
- ⅓ cup cold water
- 6 oz. reduced-fat cream cheese (Neufchâtel), cut up
- 1 10¾-oz. can reduced-sodium condensed tomato soup
- Several drops bottled hot pepper sauce
- ¼ cup plain fat-free yogurt
- ½ cup finely chopped green sweet pepper
- ½ cup finely chopped celery
- ¼ cup finely chopped green onion
- ¼ cup finely chopped pitted ripe olives
- Mixed salad greens
- Sweet pepper strips (optional)

In medium mixing bowl stir together the gelatin and water; let stand 5 minutes. Add the reduced-fat cream cheese. Beat with an electric mixer on low speed till well combined (mixture will be very thick but will thin when heated); transfer to a medium saucepan. Heat and stir over medium-low heat for 8 to 10 minutes or till cream cheese is melted and gelatin is dissolved. Using a whisk, blend in the tomato soup and hot pepper sauce till smooth. Remove from heat. Cool slightly. Stir in yogurt; add sweet pepper, celery, onion, and olives.

Pour mixture into an 8x4x2½-inch loaf pan or small individual molds. Chill till thoroughly set. Unmold onto a platter or plates lined with lettuce leaves; slice the loaf in ½-inch portions. Garnish with sweet pepper strips, if desired. Makes 8 side-dish servings.

Nutrition facts per serving: 103 cal., 6 g total fat (3 g sat. fat), 17 mg chol., 262 mg sodium, 8 g carbo., 0 g fiber, and 4 g pro. Daily Value: 10% vit. A, 38% vit. C, 3% calcium, and 2% iron. ⌂



Win Money

Your original recipe could be worth up to $400 and may net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

One Annual Grand Prize:
General Electric Profile Appliances
(refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes:
Two $400 winners, Two $200 winners, Ten $50 honor rolls

Hints for the January 1998 Categories

Meat Pies: Chase the winter chills away with hearty poultry- or meat-and-vegetable combinations tucked into a family-size crust or individual-size pies to warm the hearts of our judges.

Healthful Side Dishes: Embellish grains or beans with vegetables, herbs, or yogurt, or just serve up a fantastic veggie combination. We want to hear about your healthful side dish that has 'em clamoring for more.

This Month's Winners—Pages 245 and 246

$400 Winners: De Anne Pearson, Austin, Texas; Carolyn Ryba, Wixom, Mich.

$200 Winners: Susan Burns, Trenton, N.J.; Sandy Marshall, Virginia Beach, Va.

$50 Honor Roll Winners: Karen E. Armstrong, Clinton, La.; Andrea S. Bean, West Peabody, Mass.; Judy Burk, Oakland, Calif.; Pattie Kilian, Breckenridge, Colo.; Jo Ann Maguire, Rockwell City, Iowa; Marie Martin, Cheektowaga, N.Y.; Pearl L. Murray, Tampa, Fla.; Wendy Nankeville, San Francisco, Calif.; Gay Silverman, Gainesville, Fla.; Linda D. West, Cazenovia, N.Y.

Contest Rules: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "January Meat Pies" or "January Healthful Side Dishes." Specify brands and recipe origin. 3. Address recipes to 9801 Food Department, *Better Homes and Gardens*, Des Moines, IA 50309-3023. 4. Entries must be postmarked by June 25, 1997, and received by June 30, 1997. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit and release. The annual grand prize winner will be selected from 1998 top winners on or about October 1, 1998, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of General Electric Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes, please. They will be judged on creativity, taste, and practicality by *BH&G*® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law.

Nutrition Information

HOW TO MAKE IT WORK FOR YOU

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using two percent milk.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.

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n 2 cups uncooked Minute® rice
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1½ cups water and 1 cup fresh
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n heat•Let stand 5 minutes•Stir





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This *is* RICE



Knife? What knife?

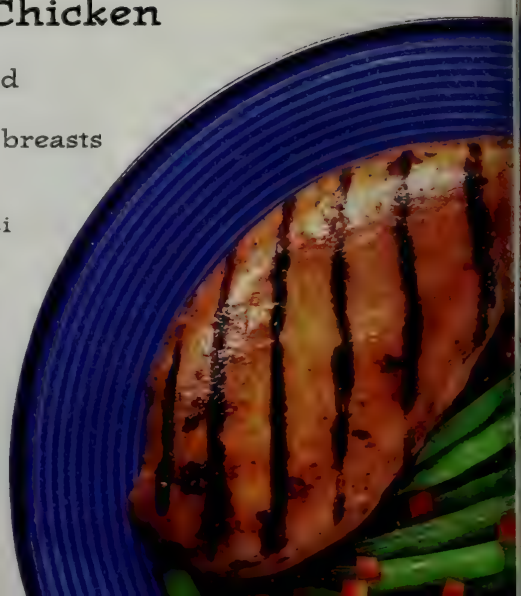
Grey Poupon® Honey Mustard Teriyaki Chicken

(makes 4 servings)



- 1/2 cup Grey Poupon Honey Mustard
- 3 tablespoons teriyaki sauce
- 1 pound boneless, skinless chicken breasts

In bowl, combine mustard and teriyaki sauce. Reserve 1/3 cup sauce for basting. Add chicken to remaining sauce, stirring to coat well. Cover; refrigerate 1 to 2 hours. Grill or broil 4 to 6 inches from heat source for 6 minutes on each side or until done, basting frequently with reserved sauce.



Call 1-800-GP-DIJON for more delicious recipes.

PRIZE TESTED



$400
WINNER

De Anne Pearson, Austin, Texas, in the Fresh Herb Ideas category.
June 1997

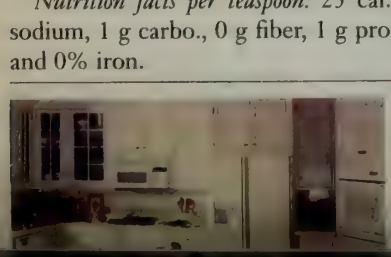
Sun-Dried Tomato Spread

Basil puts a summer spin on this make-ahead spread that's perfect for a party.

- 1 to 2 cloves garlic, minced
- 1 Tbsp. olive oil
- ⅓ cup dry white wine
- ½ cup dried tomatoes, snipped
- 1 8-oz. pkg. cream cheese, softened
- ⅓ cup snipped fresh basil
- 3 Tbsp. grated Parmesan cheese
- Baguette-style French bread slices, toasted
- Fresh basil (optional)

In a medium skillet cook garlic in oil till light brown. Add wine and dried tomatoes. Cook, uncovered, over low heat for 15 minutes. Remove from heat; let stand 10 minutes. Drain excess liquid. Meanwhile, in a food processor bowl or blender container combine cream cheese, snipped basil, and Parmesan cheese. Cover and process or blend till smooth. Add tomato mixture; process till almost smooth. Transfer to serving bowl. Cover and chill 4 to 24 hours. Let stand at room temperature 30 minutes before serving. Serve with toasted baguette slices. Garnish with fresh basil, if desired. Makes 1 cup.

Nutrition facts per teaspoon: 25 cal., 2 g total fat (1 g sat. fat), 6 mg chol., 36 mg sodium, 1 g carbo., 0 g fiber, 1 g pro. Daily Values: 2% vit. A, 0% vit. C, 1% calcium, and 0% iron.



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Carolyn Ryba, Wixom, Mich., in the Easy Summer Desserts category.
June 1997

Favorite Fruit Clafouti

Yogurt replaces the traditional heavy cream in this winning version of a French classic.

- 4 slightly beaten egg whites
- 2 slightly beaten eggs
- ⅓ cup granulated sugar
- 3 Tbsp. honey
- 2 Tbsp. fruit-flavored liqueur (such as orange or raspberry liqueur), or ½ tsp. rum extract plus 2 Tbsp. orange juice
- 1 tsp. vanilla
- Dash salt
- 1½ cups plain nonfat yogurt
- 1 cup all-purpose flour
- 3 cups raspberries, blueberries, and/or sliced strawberries
- 2 tsp. sifted powdered sugar
- Additional raspberries (optional)
- Edible flowers (optional)

In a large bowl beat together egg whites, eggs, granulated sugar, honey, liqueur or rum extract and orange juice, vanilla, and salt with a wire whisk or an electric mixer on low speed till light and frothy. Stir in yogurt till mixture is smooth. Add flour; beat till combined and mixture is smooth.

Grease a 10-inch quiche dish; arrange desired berries in bottom of dish. Pour batter over fruit. Bake in a 375° oven for 30 to 35 minutes or till center appears set when shaken. Cool on a wire rack for 30 minutes. Serve warm. Just before serving, sprinkle with powdered sugar and, if desired, garnish with additional raspberries and edible flowers. Makes 8 servings.

Nutrition facts per serving: 196 cal., 2 g total fat (0 g sat. fat), 54 mg chol., 93 mg sodium, 36 g carbo., 2 g fiber, 8 g pro. Daily Values: 3% vit. A, 19% vit. C, 8% calcium and 7% iron.

PRIZE TESTED

see page 242 for details

$200 WINNER

Sandy Marshall, Virginia Beach, Va., in the Easy Summer Desserts category.
June 1997



Very Berry Trifle

Fresh summer berries make this spectacular dessert rich in vitamin C and full of flavor.

- 1 4-serving-size pkg. fat-free, sugar-free instant vanilla pudding mix
- 2 cups skim milk
- 1 8-oz. pkg. reduced-fat cream cheese (Neufchâtel), softened
- 1 8-oz. carton raspberry yogurt
- 8 cups angel food cake cubes
- 1 quart strawberries, quartered
- 2 cups blueberries and/or raspberries
- 1 recipe Berry Sauce
- Fresh mint (optional)

Prepare pudding mix according to package directions using the skim milk; set aside. In a large mixing bowl beat cream cheese and yogurt with an electric mixer on medium speed till smooth; stir in pudding.

To assemble trifle, in a 3-quart glass bowl or two 1½-quart glass bowls layer ⅓ of the cake cubes, ⅓ of the pudding mixture, and ⅓ of the berries. Repeat layers twice. Cover and chill 4 to 24 hours. Spoon Berry Sauce onto individual serving plates; top with trifle. Garnish with fresh mint, if desired. Makes 10 to 12 servings.

Berry Sauce: In a blender container or food processor bowl combine 2 cups strawberries or raspberries, 2 to 3 tablespoons sugar, and 1 tablespoon raspberry liqueur, rum, or orange juice. Cover and blend or process till smooth; sieve to remove seeds, if desired. Cover and chill till serving time. Makes 1 cup.

Nutrition facts per serving: 285 cal., 6 g total fat (4 g sat. fat), 20 mg chol., 301 mg sodium, 50 g carbo., 2 g fiber, 8 g pro. Daily Values: 11% vit. A, 88% vit. C, 12% calcium, 2% iron.

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$200 WINNER

Susan Burns, Trenton, N.J., in the Fresh Herb Ideas category.
June 1997



Southwestern Summer Salad

Wear plastic gloves when working with the peppers in this sensational spicy salad.

- 1 lb. fresh green beans, cut into 1-inch pieces, or one 16-oz. pkg. frozen cut green beans
- 6 fresh ears of corn or one 16-oz. pkg. frozen whole kernel corn
- 1 dried chipotle chili pepper
- 2 cloves garlic, minced
- 2 Tbsp. white wine vinegar
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. frozen orange juice concentrate, thawed
- ½ cup loosely packed fresh basil leaves
- ¼ cup loosely packed fresh parsley
- 1 shallot, cut up
- ¼ cup olive oil
- 1 large tomato, chopped
- 1 cup plain croutons
- Purple flowering kale (optional)

In a saucepan cook fresh beans, if using, in a small amount of boiling water, covered, for 12 to 15 minutes or till crisp-tender. Drain. If using fresh corn, cut the kernels off the cobs. Cook corn, covered, in boiling water for 10 minutes or till corn is tender. Drain. (If using frozen beans and corn, cook according to package directions; drain.) Set vegetables aside to cool. Rinse dried pepper in water; cut open and discard stems and seeds. Cut pepper into small pieces. Soak in boiling water for 20 to 30 minutes or till softened; drain well.

Place pepper pieces, garlic, vinegars, juice concentrate, herbs, shallot, ¼ teaspoon *salt* and ¼ teaspoon *pepper* in bowl of food processor or blender container. Cover and process or blend till combined. Add oil in a thin stream, processing or blending till nearly smooth.

Pour ⅓ cup of the dressing over vegetables. (Cover and chill remaining dressing for another use.) Add tomato chunks and croutons; toss lightly. If desired, serve on a bed of purple flowering kale. Makes 6 to 8 side-dish servings.



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B.H.&G. kids

fun in the summer sun



Whew, it's a hot one. No breeze. No shade. Even the trees are sweating. But don't sit on the porch all day. Get up and get moving with the water cooler games you'll find on the next few pages. We've given you guidelines—you can fine-tune the rules. That's what summer's all about. Remember, always use sunscreen and drink lots of water when you're playing outside.



BH&G kids®

continued from page 251

Dueling nozzles

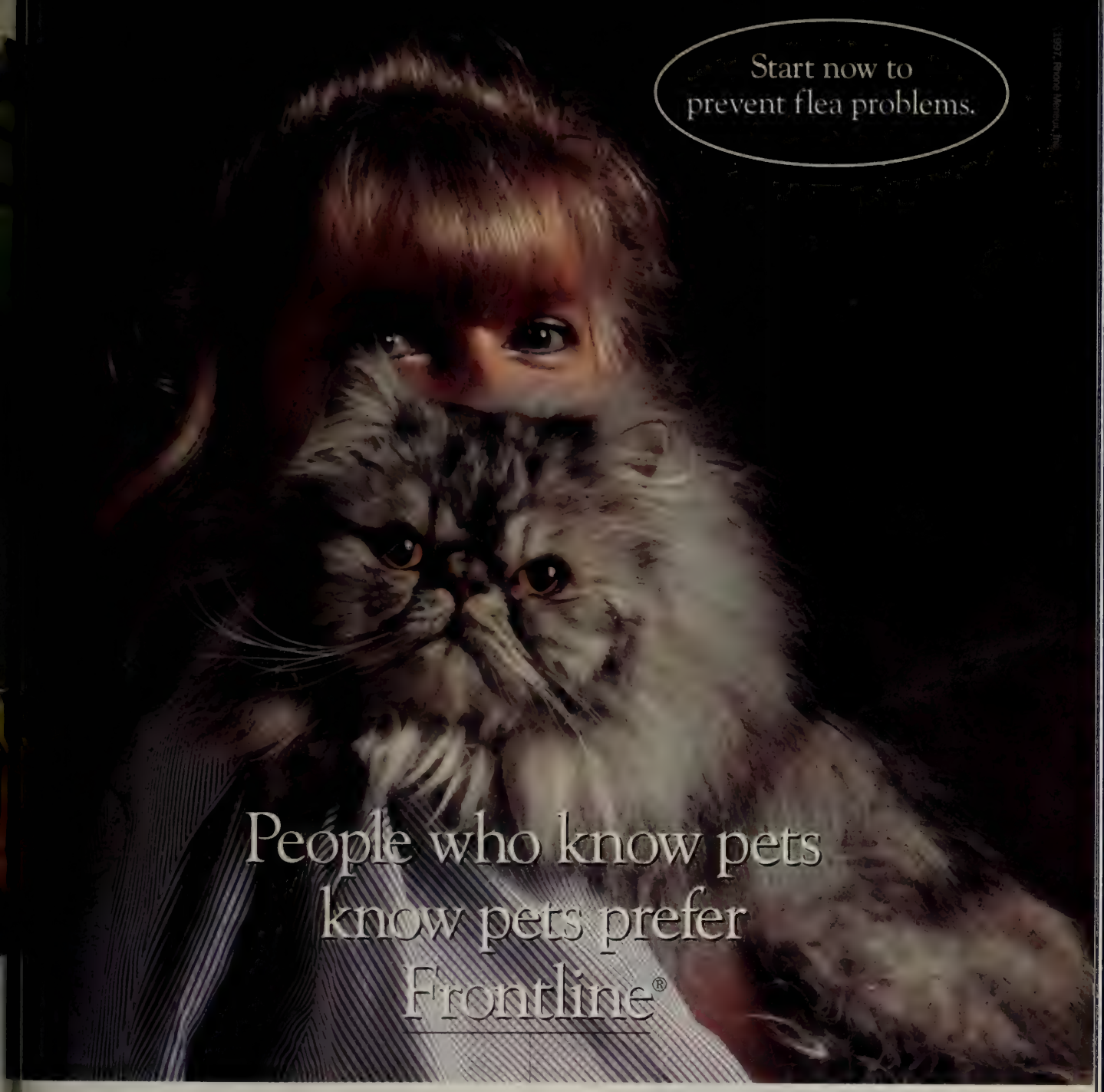




Too hot to kick a soccer ball? Battle it out with a stream of cold water. Each team gets a hose and tries to push the ball across its goal line with the spray. The hotter the game gets, the more creative the defensive strategies. A well-timed body block can be a cool trick. And keep an eye on that back line for hose interference!



continued on page 254

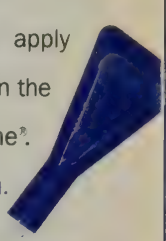


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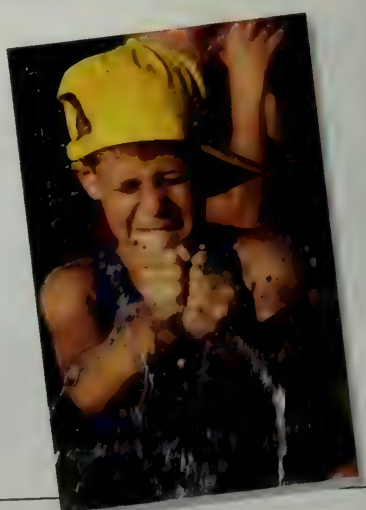
continued from page 252





Batter's all wet!

During summer's dog days, not even a frisky pup has the energy to run to first base. But when the ball's full of water, every hit makes a splash. Give each team a point for every balloon they break. The outfielders won't have much to field, but they can try to tag the runners before they get to base.





continued on page 256

MOST PARENTS OF BED WETTERS THINK THERE IS VERY LITTLE THEY CAN DO TO HELP.

Some 3 million children—10% of all kids between and 10—wet the bed twice a week or more. If ur child is in school, chances are at least two of s classmates are in the same leaky boat. No ild should ever feel alone with this problem. ut, of course, they do.

The good news: More is known than ever efore that can help. Once, the only sure cure was me. 99.9% of our children leave this problem the dust as they grow. And now there are some ays you can give time a hand.

THE BEST BEGINNING

For starters, pediatricians know a lot more out the causes of "enuresis" (that's the official edical name for it) than they used to.

Doctors today deal with this problem all the me. They have new techniques and sometimes edicines that can help manage bed-wetting, not eliminate it altogether.

Another advance since *we* were kids: Dispos-le, absorbent underpants are now made for rger children, 45 to 85+ pounds. By helping our ildren sleep dry, these pants take a lot of the ness and stress" out of bed-wetting. Especially r the kids themselves.

TOMORROW CAN BE DIFFERENT

Thousands of families like yours now count on ese disposable underpants, created by the makers Pull-Ups® training pants.

Pull-Ups GoodNites® absorbent underpants iminate the rubber sheets and the laundry and uch of the stress that make nighttime accidents to a bigger deal than they really are, and make ur children feel small. Smaller than they really are.

GoodNites look a lot like plain white under-nts, except slightly thicker. They come in two zes and even have a label in the back. The trim fit lps GoodNites underpants vanish discreetly nder pyjamas, while the super absorbent middle is ready, just in case. In every detail, the GoodNites people have done everything possible to make these absorbent underpants respect our kids like the grownups they soon will be.

THE WAY THINGS SHOULD BE

If GoodNites underpants are new to you, now is the time to try them. You will rejoice that you did. Thousands more families every month are having success with GoodNites.

GoodNites are not a miracle, but there's nothing else like them. They help families keep bed-wetting in perspective. They help make dry mornings in crisp clean sheets routine. And make sleepovers and other normal, healthy, everyday kid things routine, too. The way they should be.

THESE BOOKLETS REALLY HELP

GoodNites underpants were developed with the help of pediatricians and other childhood specialists. You'll find much of their good advice in these little booklets. There's one for parents, and one to help your child be part of the solution, too. For copies, please send $1 for postage & handling to: GoodNites Guides, P.O. Box 1165, Maple Plain, MN 55592.



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To gauge how much life insurance the head of your household needs, begin by evaluating all sources of income available to your family should he or she die. Is the total enough to cover current and future obligations such as mortgage payments, living expenses, college tuition, etc.? A general rule is to provide five to ten times the breadwinner's annual income.

Thanks to life insurance, Bob Wagner's dreams for his family didn't die when he lost his battle with cancer.



With three young children, a new mortgage and a steady stream of bills, Bob and Jane Wagner needed a sound financial plan. That's when the Wagners met with Principal Mutual Life insurance agent David Gliszczynski. After David helped them evaluate their financial situation, the Wagners decided to purchase additional life insurance coverage. It wouldn't be long before they saw the wisdom of that decision.

Several years later, Bob was diagnosed with cancer. During his six months of chemotherapy, Bob was unable to work. A disability waiver on the insurance policy freed up much needed funds until he could return to work.

"I thought everything was going well," said David, "until I got a call from Bob in January 1995. He told me that his cancer had been diagnosed as terminal -- he only had a few weeks to live. My heart sank."

Soon after, the two met to confirm the arrangements for Bob's family. Insurance paid off the Wagners' mortgage and provided funds to cover other expenses and allow their children to go to college. Sound financial planning kept Bob and Jane's dreams alive.

For more information about life insurance, call 888-LIFE-777 or visit http://www.LIFE-Line.org.

This insurance tip is brought to you by the Life and Health Insurance Foundation for Education (LIFE).

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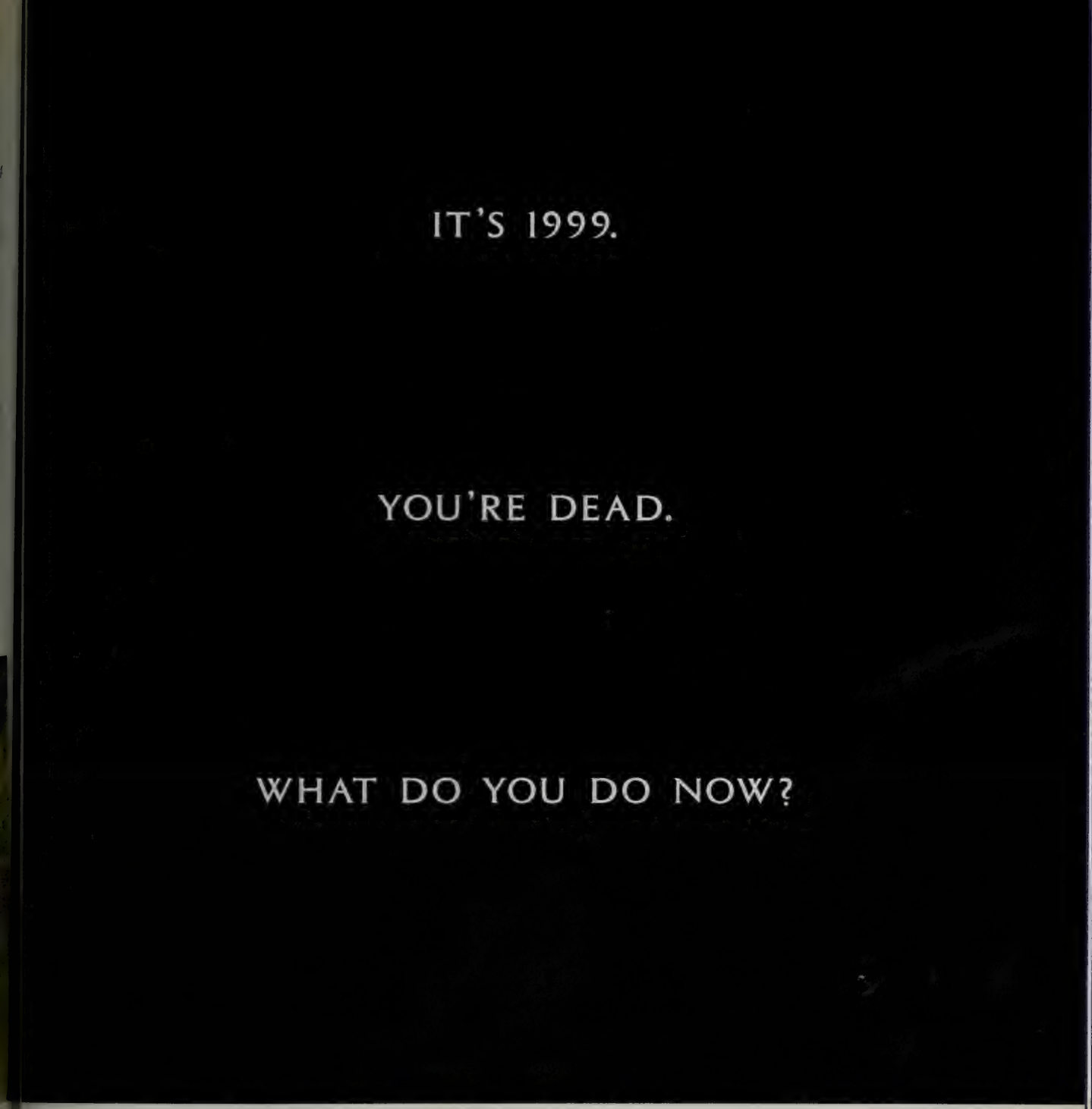




Cool slide!

Here's another soaker for scorching days. Purchase blocks of ice from an ice dealer, or make your own blocks by freezing water in milk cartons. Place a towel on top of your block to sit on (unless you're really brave!), find a grassy hill, and slide on down.

continued on page 258



Just for a minute, think the unthinkable. What ould happen to your family if suddenly you weren't ere? Where would the money come from for the ortgage? For the kids' education? To live on?

People with life insurance have the answer. Life surance provides for the people you care about if ou're not there.

Whether you're a breadwinner or a homemaker, you're indispensable. So when you make financial plans for the future, an agent can show you how life insurance will ensure your family's financial security if anything should happen to you.

Life insurance isn't for the people who die, it's for the people who live.

or a free consumer's guide to insurance, call 888-LIFE-777
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BH&G kids

continued from page 256

Portable garage sale



Can't convince the neighbors to come out of the air-conditioning for a garage sale? Take it to them. Load up your used toys in a wagon and go door to door. Be sure to carry an envelope to put the money in, and start out your day with a little bit of change in case you need to break a large bill.



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eat oven to 450°. In greased 2-quart fflé or casserole dish, place 1 tilla; set aside. In medium bowl, mbine Savory Herb with Garlic p Mix, ricotta and tomato sauce. rnately layer ricotta mixture, green per, mushrooms, pepperoni, olives, ese and tortillas, ending with a tilla. Cover and bake 20 minutes ntil heated through. Let stand 10 utes, then cut into wedges. Garnish, if red, with cherry tomatoes and parsley.

Makes about 6 servings.

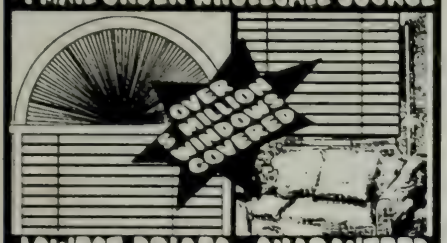
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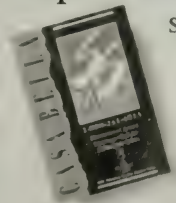


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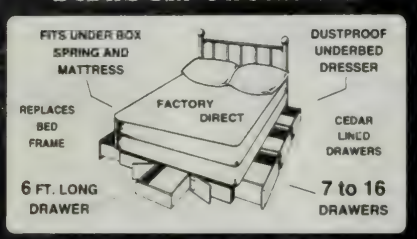
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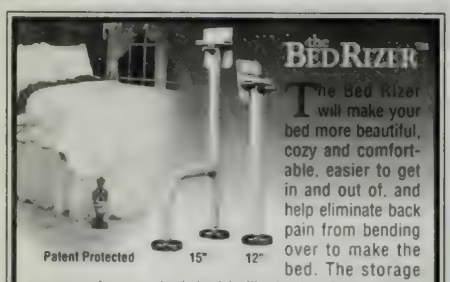
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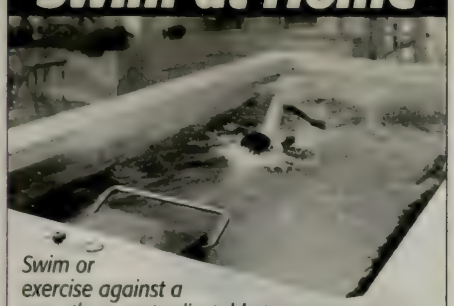
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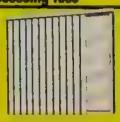
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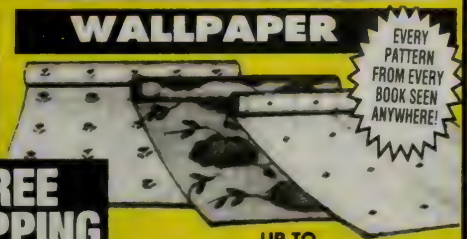
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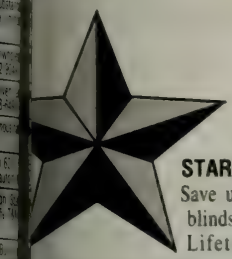
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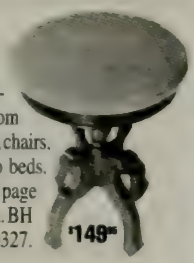
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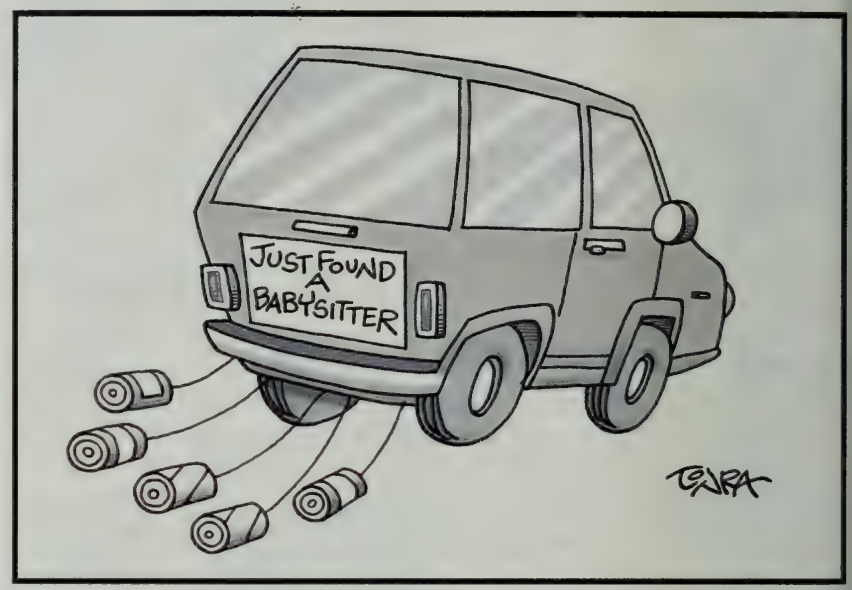
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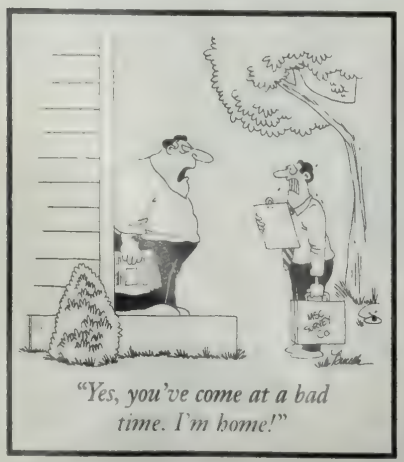
Christine and I detect another sign that our daughter Rosemary is maturing. She says she has accepted the fact that when you can't get what you want in life, "it's probably time to want what you get."

The trouble with the month of June, reports Elaine Cowan, is that she always runs out of money for presents before she runs out of wedding invitations.

Banker Helen Newsome agrees that travel is very educational, with her latest lesson being that the chardonnay and burgundy wines served in first class mysteriously become "white" and "red" when offered in coach.

A lecture at the library on modern problems convinced Burt Jr. that the keys to success are a solid education, a strong work ethic, and "a really effective agent."

High school principal Max Keller told me the other day he still has trouble accepting the fact that we live in a society where a reward for making the honor roll is permission to get your ears pierced.



"Yes, you've come at a bad time. I'm home!"

Isabel Norman has discovered that blaring her new CD of 50 Great Songs from the '50s not only scares the birds out of her garden, but does an even quicker job of getting the teenagers to fly out of the house.

Grandma Hillis is puzzled over what's so special about being online today. "That's how we dried the laundry 50 years ago, and believe me, it was no big deal."

Aunt Opal called last week to report that she doesn't see the need for a TV weather channel as long as she has a perfectly good picture window in her house.

Interior decorator Sheila McClellan confides that she really knew she had reached middle age one day when her children complained that she wasn't driving fast enough and her mother accused her of speeding.

~A recent trip back home for a high school reunion was an interesting experience for Christine and me. We hadn't been back for years and were anxious to see how everything had changed.

The school has computers in every classroom and a brand-new gym with a swimming pool, but the rest was pretty much as I remembered. A few of the downtown businesses were still around—and thriving.

The biggest surprise was the number of classmates and folks who still live there. Conversations seemed to pick up where they left off more than 20 years ago.

Chris and I enjoyed our short visit, but after only two days we knew it was time to go. The town may be where our roots are, but it's not where we want to be planted.

On the drive home, I realized I had learned another of life's little lessons: The urge to return to your hometown isn't so much to see how it's changed, but to see how much you have.

Burton Hillis

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